Ottawa metro

THURSDAY, SEPTEMBER 15, 2016

How to enjoy the World Cup of Hockey with Rogers.

ROGERS GAMECENTRE LIVE

WORLD CUP OF HOCKEY 2016 TORONTO

Rogers NHL GameCentre LIVE™ World Cup Features

By Emily Sadler

A lot has changed since the last World Cup of Hockey in 2004. With the re-introduction of the best-on-best tournament comes a whole new way to watch it – anywhere you want.

Rogers **NHL GameCentre LIVE™** brings entire hockey seasons to subscribers' computer screens and mobile devices, and allows fans to tailor their viewing experience with a variety of features. Now, it's available during the World Cup too. Get on demand game replays and stop-and-start matchups to enjoy the games at your own pace, without missing a moment of action.

Rogers customers with Rogers NHL GameCentre LIVE™ also have access to **GamePlus™**, which offers hockey fans even more insight into every Team Canada, Team North America and elimination game during the tournament. Subscribers can watch eligible games through a variety of unique camera angles and access an extensive collection of videos on demand including behind-the-scenes shots, pre- and post-game insight and exclusive player interviews available only to Rogers customers.

Watch the Way You Want

One of the most intriguing camera angles offered is the Ref Cam, which lets viewers follow the speed and sounds of the game through the eyes and ears of the referee and gives them the best seat in the house for puck-drop. Hockey fans hoping to zero in on the tournament's top players can do so with the Star Cam. Rather than following the puck, the Star Cam focuses on one player throughout a game, allowing viewers to study a skater's every on-ice move, even when they're not in the middle of the play – including Auston Matthews' first strides on home ice at the Air Canada Centre.

The Endzone Cam gives viewers access to the unique perspectives throughout a game, while the Goal Line Cam takes the audience right into the blue-ice action to get a closer look at the best saves and closest calls of the tournament.

Subscribe to Rogers NHL GameCentre LIVE™ online. rogers.com/NHL

NHL and the NHL Shield are registered trademarks and NHL GameCentre LIVE and GameCentre LIVE are trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © NHL 2016. © Rogers Communications 2016. All Rights Reserved.

Where have all the birds gone?

1.5 billion missing from skies across North America 'quite alarming'

metroNEWS

American woman suing Ottawa-based sex toy app maker

metroNEWS

Ottawa metro

HIJAB

AN EMOJI OF ONE'S OWN

metroNEWS

Your essential daily news | THURSDAY, SEPTEMBER 15, 2016 | High 20°C/Low 7°C Sunny

A yoga space for bigger bodies

Mélanie Jubinville-Stafford is trying to bring more body positivity to Ottawa classes

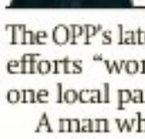
metroNEWS

EVELYN HARFORD/FOR METRO

Signs 'won't deter me,' says panhandler

SAFETY

Police pilot project aims to keep drivers from giving



Emma Jackson
Metro | Ottawa

The OPP's latest anti-panhandling efforts "won't deter me," says one local panhandler.

A man who goes by the name Bronson Mike said he'll continue collecting donations at the Rochester off-ramp, even with a new sign looming over him warning drivers not to give.

The Ontario Provincial Police posted the new signs, which read "panhandling not permitted," at the eastbound Parkdale, Rochester, Bronson and St. Laurent off-ramps Wednesday morning.

They're meant to discourage drivers from giving change on the ramps, and instead donate to a local agency like the Ottawa Mission or Salvation Army, said community safety officer Const. Rheal Levac, who created the one-year pilot project.

He said the program is for the panhandlers' safety, since they could be hit by fast-moving vehicles.

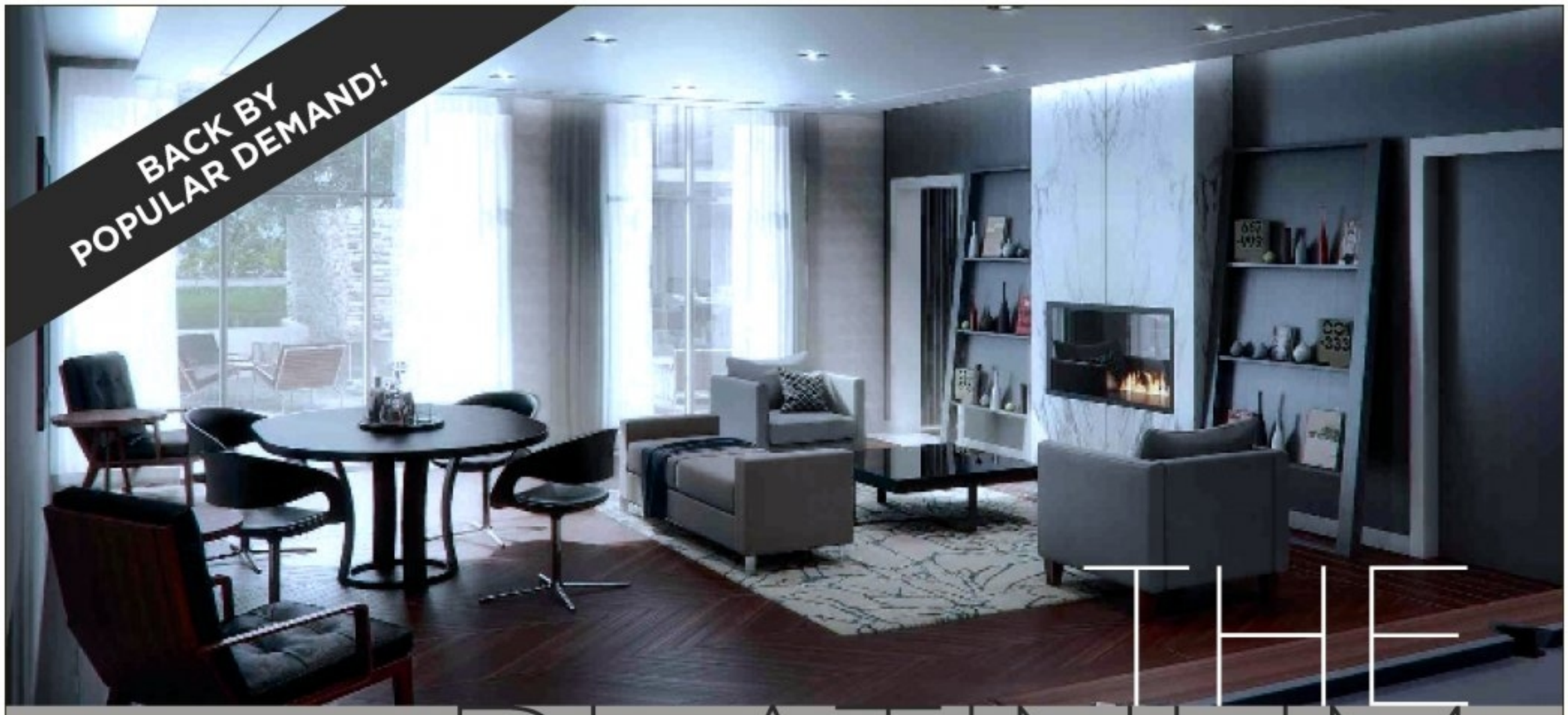
There's no record of that happening, but the signs are proactive to avoid a tragedy, Levac said.

Giving to a charity isn't as personal, and some of the money is used for overhead, Mike said.

But Sean Maddox, spokesperson for the Salvation Army in Ottawa, supports the OPP program on the grounds that more formal donations can address the city's broader poverty problem.

"A toonie is not going to resolve the situation," Maddox said. "Our role is to create opportunities for them to get back on their feet, not just cover daily financial needs."

Subject to availability. Some restrictions may apply. For complete terms, visit rbc.com/travelredemption. † To receive the 15,000 bonus RBC Rewards points, your application form must be approved by us. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first monthly statement. This offer may not be combined or used in conjunction with any other offer. Royal Bank of Canada reserves the right to withdraw this offer at any time, even after acceptance by you. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).



THE PLATINUM EVENT

UP TO **$32,000*** TO SPEND AS YOU PLEASE

CASH OFF LIST PRICE* | **FREE LOCKER*** | **FREE PARKING***

STYLISH CONDO LIVING IN THE HEART OF NEW EDINBURGH FROM $303,900*. MOVE IN EARLY 2017.

PLUS OWN FROM **ONLY 5% DOWN***

ONE DAY ONLY!

Thursday September 22nd, 4pm-7pm

Table 40 at Fraser Café,
7 Springfield Road

mintobeechwood.com
613.696.8188

MINTO BEECHWOOD

*Prices and specifications are subject to change without notice. Incentive amount and deposit structure dependent on unit purchased. Deals must go firm to receive incentives. See Sales Rep for details. E.&O.E.

metro NEWS

Your essential daily news

Ex-UN officials call for release of Montreal academic Homa Hoodfar, jailed in Iran.

Legal problems brought to fore by Pokémon Go

TECHNOLOGY

Trespassing, privacy issues raised since July launch

Evelyn Harford
For Metro | Ottawa

Law professors from the University of Ottawa gathered to talk about the legal implications of Pokémon Go in front of an open audience on Wednesday night.

Pokémon Go, developed by Niantic Inc. and released in July 2016, had some 15 million downloads in the first week alone and currently has millions of users.

The game's popularity, use of crowd-sourced mapping to create augmented reality and its collection of user data has created — and indeed highlighted — problems in the areas of trespassing and privacy law, said Michael Geist, a University of Ottawa professor who specializes in technology law.

Cases have come up across the country where private and public spaces have been blurred, including many unwitting homeowners who found their private property swarmed with people who "Gotta catch 'em all," and, more tragically, a B.C. family who found players congregating around a dead child's memorial site being used as a PokéStop.

Geist said the cause for some Pokémon being placed in inappropriate spaces by the developers is largely due to the software used to create the game's augmented reality.

"It's interesting how they're gathering this information," he said. "But it isn't always right, and why some people have suddenly found people showing up in their backyards in search of Pokémon characters."

Geist said these problems highlight the need to start dealing with trespassing issues, which the courts and legislators haven't really had to deal with in the past. Another issue of particular interest to Geist surrounds user privacy.

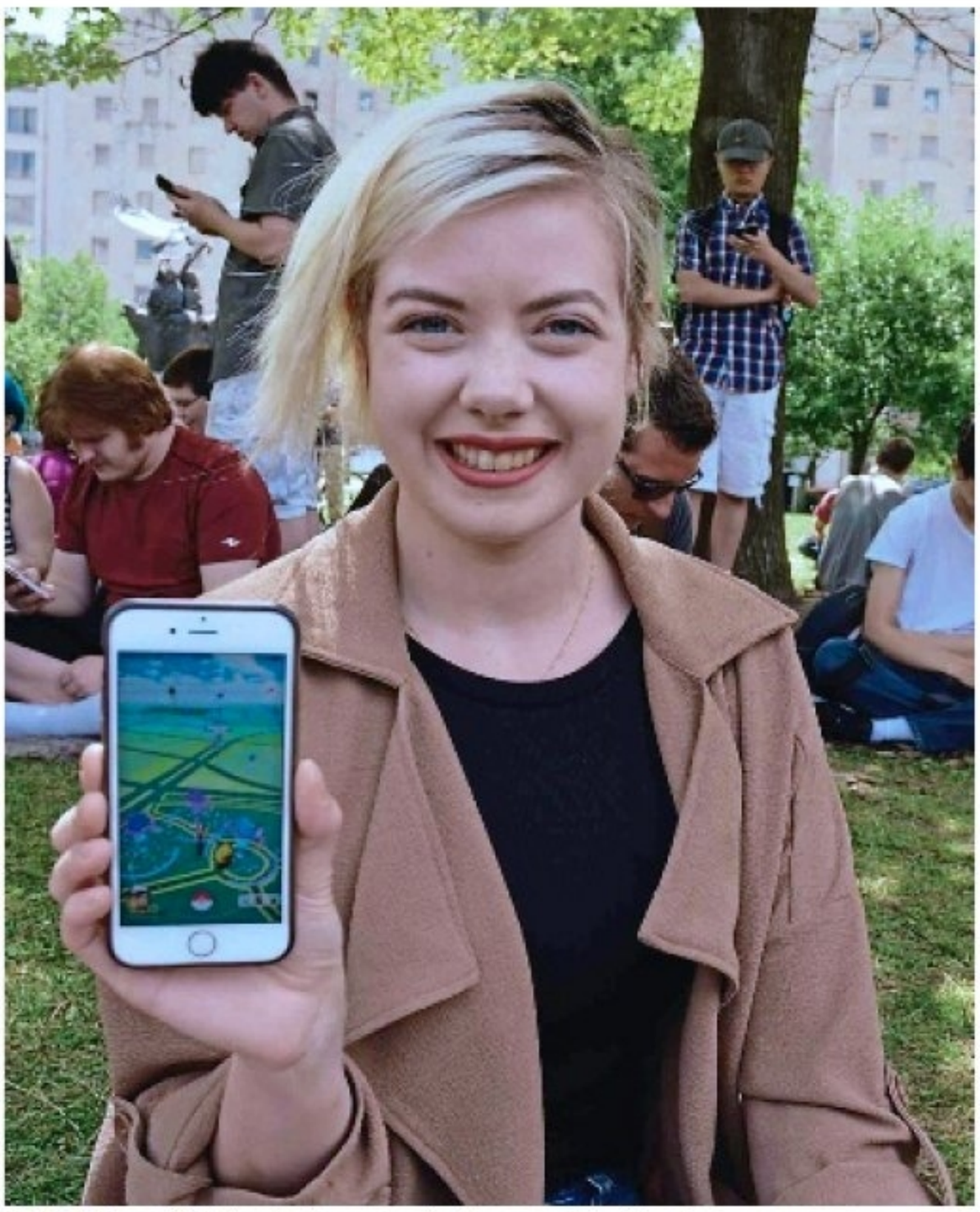
Pokémon Go's capacity to collect general user data and track user locations in real time highlights the fact that third-party apps, such as Pokémon Go, now hold information sought by law enforcement and government agencies.

> **It's interesting how they're gathering this information.**
> Michael Geist

Another issue, highlighted by Geist's eight-year-old nephew, is the age of consent for relinquishing your privacy rights through "terms and conditions" agreements in apps.

"The issues of minors and information collection raises particular sensitive and challenging questions about whether or not (young people) can consent (to having their information collected) — many would answer that they can't."

The game is so new that lawmakers and courts haven't yet caught up to the problems stemming from Pokémon Go yet.



While Pokémon Go brings joy to gamers, it raises a number of legal concerns. HALEY RITCHIE/METRO

HYDRO ONE

Union sues province to block sale of shares

The Canadian Union of Public Employees is suing the Ontario government over the privatization of Hydro One, the province's electricity monopoly.

"The principal reason for filing this suit is to stop them from selling additional shares in our hydro system," said CUPE president Fred Hahn. "Our goal with this lawsuit is to protect the people of Ontario and the ratepayers of Hydro One."

The union said it served the Ministry of the Attorney General with a notice of intent to sue Premier Kathleen Wynne, Finance Minister Charles Sousa and former Energy Minister Bob Chiarelli for malfeasance.

CUPE claims the Liberals inappropriately mixed government and party business by holding expensive fundraisers with cabinet ministers, including one $7,500 a ticket event with Sousa and Chiarelli that was attended by bankers who profited from the sale of Hydro One.

"We can't speak directly to the specifics of the case, but all of the documents will be accessible to the public when we file in court after the 60-day notice period is over," said Hahn.

Wynne defended the decision to sell up to 60 per cent of the utility, saying the money is needed to fund the Liberals' $160-billion, 12-year plan to modernize public transit and infrastructure.

"Those investments have to come from somewhere, and that's why we're making the changes on Hydro One," she said. "We're using an asset to leverage funding for a new asset that will be owned by the people."

Energy Minister Glenn Thibeault said he can't comment on a lawsuit that's before the courts, but insisted the Liberals did nothing wrong with their fundraisers, even though the government now prohibits ministers from attending such events.

"The integrity commissioner has already looked into this and recently confirmed that there was no wrongdoing," Thibeault told the legislature.

The province, which hopes to raise $9 billion from the partial privatization of Hydro One, raised $3.8 billion from the sale of 30 per cent, and booked a gain of $3 billion from a deferred tax asset benefit and a special payment in lieu of taxes.

THE CANADIAN PRESS

You.i TV co-founder Jason Flick. CONTRIBUTED

BUSINESS

Time Warner invests $12M in You.i TV

The investment arm of one of the world's largest media companies has thrown its weight behind a growing Ottawa technology firm.

You.i TV said Tuesday that it's received a $12-million series-B funding round led by Time Warner Investments. Other investors included Vistara Capital Partners as well as existing backer Kayne Anderson Capital Advisors.

The backing of Time Warner comes as traditional broadcasters and content creators attempt to reach their audiences directly through their mobile phone, personal computer or smart TV.

The challenge is that all those different devices require custom codes, which means broadcasters need to employ massive teams of engineers to develop and maintain a suite of custom apps that look the same whether the viewer is consuming content on an iPhone or Xbox.

That's where You.i TV comes in. The Ottawa-based company's software allows developers to use a common code to build a variety of platforms.

"Those beautiful apps end up on every platform (looking) identical," You.i TV co-founder and CEO Jason Flick said. "We're solving such a massive IT problem for them and making this a viable business."

He called Turner one of the most "audacious" media companies pursuing the direct-to-user experience, which made the tie-up between its parent company and You.i TV a solid fit.

Flick said he expects the company's payroll to exceed 200 employees by December. PETER KOVESSY/ OTTAWA BUSINESS JOURNAL

PRIVACY

Woman sues app-based vibrator's maker

An American woman has launched a proposed class-action lawsuit against the Canadian-owned maker of a smartphone-enabled vibrator, alleging the company sells products that secretly collect and transmit "highly sensitive" information.

The Chicago-area woman, identified in a statement of claim only as N.P., has made her complaints against Standard Innovation (US) Corp., which is owned by the Ottawa-based Standard Innovation Corp, over a "high-end" vibrator called the We-Vibe.

The lawsuit, which was filed earlier this month in an Illinois court, explains that to fully operate the device, users download the We-Connect app on a smartphone, allowing them and their partners remote control over the Bluetooth-equipped vibrator's settings.

In particular, the app's "connect lover" feature — which promises a secure connection — allows partners to exchange text messages, conduct video chats and control a paired We-Vibe device, the woman's statement of claim said.

The woman at the centre of the suit bought her vibrator in May for $130 US, downloaded the app that connects to it and used it on several occasions.

The suit alleges that unbeknownst to its customers, Standard Innovation designed the We-Connect app to collect and record intimate and sensitive data on use of the vibrator, including the date and time of each use as well as vibration settings.

It also alleges the usage data and the user's personal email address was transmitted to the company's servers in Canada.

Standard Innovation said Wednesday that it had not been served the suit yet and could not comment on "rumour or speculation."

THE CANADIAN PRESS

5GB of Snappuccino.

Our end of summer sale has been extended but won't last long.

Get one month free only until September 19th!

True mobile freedom is 5GB of data on our home network, plus unlimited cross-Canada talk and global text.

$35/mo for 10 months

windmobile.ca

true mobile freedom

WIND

Learn more at windmobile.ca. Offer valid from August 2 to September 19, 2016, and is subject to change without notice. To be eligible for the $50 bonus, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of at least $40. A $5 monthly credit will be applied to your account for up to 10 months to a maximum of $50. For Pay Before customers, the top-up will be applied on the second bill after activation. One month free offer valid from September 15 to 19, 2016, and is subject to change without notice. To be eligible for the One Month Free offer, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of at least $40. A one-time service credit will be applied to your account in the 6th month of service equal to the monthly recurring charge that you are charged in month 6. May not be combined with any other in-market offer, with some exceptions. All services subject to WIND's Terms of Service, Fair Usage and Internet Traffic Management Policies. Applicable taxes extra. Samsung and Samsung Galaxy S7 edge are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A and are used under licence in Canada by WIND Mobile Corp. © 2016 WIND Mobile.

"A bird? A plane? No it's driver #40 flying by school at 73 in the 40," Const. Jon Hall captioned this photo. TWITTER/@THEBEARDEDCOP

Tweets out bad drivers

TRAFFIC

Officer shares school zone infractions on social media

Driver six went 53 kilometres an hour in a 40 speed zone in front of Avalon Public School. Driver seven, 56 km. Driver eight went 67 km an hour – with a child in the car.

Later, driver 33 rolled through a stop sign beside Saint-Joseph Elementary School, looking down at something and didn't have proof of insurance. Driver 34 blew through the same stop sign with a teenage student as a passenger. Driver 35, rolled through the same stop sign. Then driver 36 exited the school after dropping something off and — you guessed it — went right through the stop sign.

The traffic infractions were tweeted out by Ottawa police officer Const. Jon Hall on his Twitter account, @TheBeardedCop as he took part in an Ottawa police enforcement campaign in school zones. His stops included several Orléans locations, including Avalon, Saint-Joseph, Fallingbrook schools and the St. Joseph and Jeanne d'Arc Boulevard roundabout.

Ottawa police did a week-long enforcement campaign the week of Sept. 6 to 9 as all students were back to school.

The campaign took place in and around school zones, and focused on speeding, failing to stop, obey crossing guards and bus signs, and distracted driving. There were 292 provincial offence notices.

He tweeted the objective of tweeting out the various infractions wasn't to turn the offenders into villains but to bring awareness to bad driving behaviours.

BRIER DODGE/METROLAND MEDIA

IN BRIEF

Fundraising ban could be extended to chiefs of staff

Ontario's government is considering extending a proposed ban on fundraising by all provincial politicians and candidates to chiefs of staff. Attorney General Yasir Naqvi says it's possible that with a new set of restrictions the practical effect might be the end of fundraisers as they currently exist. The Liberals have said they'll introduce an amendment to ban not only MPPs, but also candidates, party leaders, nomination contestants and leadership contestants from fundraising.

THE CANADIAN PRESS

Marvest will turn Bank Street into music city this weekend with more than 50 free performances Friday and Saturday in the Glebe. CONTRIBUTED

Head to Glebe for fab free concerts

BACKSTAGE PASS

Some tips for great acts in the Marvest lineup

Trevor Greenway
Metro | Ottawa

The Glebe will be transformed into a sonic playground this weekend with more than 50 free performances in places you normally wouldn't expect to hear music: small cafés, barbershops, toy stores and craft stores.

More than 50 local bands will invade Bank Street and Lansdowne for Marvest — a SXSW-style offshoot festival to CityFolk. There will be everything from experimental folk and rock, electronic beats and a high-energy hip-hop show that will have the Wild Oat bursting at its gluten-free seams. Here are Metro's top picks of Marvest shows.

Buck N Nice w/ Jesse Dangerously and Atherton
Friday, Sept. 16
Wild Oat, 9 p.m.

If there's one hip-hop crew in Ottawa doing it right, it's Buck N Nice. Emcee SawBuck and DJ So Nice have brought conscious hip hop of the '90s back to the forefront in Ottawa. Buck N Nice aren't out to rap about money and b–ches, getting fu—ed up or sipping bubbly, but are lyrically relatable to all of us. They rap about life experiences, love, heartbreak and all the things we all routinely have to deal with in life. Buck N Nice are showing up at the Wild Oat with Halifax's Jesse Dangerously and local madman Atherton. Don't miss this show.

St. Stephens w/ Harea Band and The Reverb Syndicate
Friday, Sept. 16
Irene's Pub, 9:30 p.m.

OK, I must admit that I am a little biased on this one, as I curated this show at Irene's Pub, but it's definitely going to be a great night of music in one of Ottawa's most storied bars. St. Stephens has been chugging out of Chelsea, Que., since 2007 when they were called the Flats. A name change and one less guitar later and the band has crafted a sound unique to themselves. The sound is more dynamic and less thrash loud. Lead vocalist Greg Brayford and crew have all been playing tunes together since the mid-'90s, creating a gel that's impossible to break. The band is as tight as they've ever been. Toss in some soul-pop Harea Band and some surf spy-fi with The Reverb Syndicate and we've got one very interesting, deep night of music.

David daCosta
Saturday, Sept. 17
Mrs. Tiggy Winkles, 3:45 p.m.

Take the family out to Mrs. Tiggy Winkles Saturday afternoon for a beautiful serenading courtesy David daCosta. Pop meets folk in a perfect arrangement here and daCosta's song writing is thoughtful, provocative and fun. The emerging singer-songwriter is back from an immersive four months in England where he recorded nine songs for an LP and is ready to take you on a tympanic journey this weekend.

DJ Acro
Saturday, Sept. 17
Stomping Ground, 8 p.m.

If you've been paying any attention to Ottawa's club scene, you need no introduction to DJ Acro. The Ottawa-based turntablist has been whipping Ottawa into sonic shape for year, holding residencies at Babylon and Ritual while spinning alongside greats like DJ Craze, Mac Miller and DJ Premier. Acro showed the world his skills last year when he made it to the Redbull Thre3style National Finals in Winnipeg, spinning alongside the country's top six DJs. Acro will bring the house down, as always.

Eru-Era w/ Winchester Farm and Riot Police
Saturday, Sept. 17, 2016
757 Bank St., 8 p.m.

How do you fit a seven-piece funk band with three horns into a small popup space? Show up to 757 Bank St. to find out how hard Eru-Era can bring the funk. Eru-Era is the latest venture from the London Gentleman Record Company and it promises to be a soulful night of live jives and grooves. This music gets in your bones. Eru-Era is playing with indie rockers Winchester Farm and Ottawa lo-fi indie band The Riot Police.

This is just a sample. There are 14 different Glebe venues offering free concerts this weekend. Check out the full schedule at cityfolkfestival.com/marvest/

Only DAYS REMAIN!
JUBILEE
FINE JEWELLERS
Since 1952
Remodelling
LIQUIDATION Sale!
MULTI-MILLION DOLLAR INVENTORY
MUST BE SOLD

FINAL REDUCTIONS!!
SAVE up to 80% Off* Original Ticketed Prices
ALL 3 STORES!
RIDEAU CENTRE
50 RIDEAU STREET, OTTAWA, ONTARIO K1N 9J7
MON – FRI: 9:30am to 9pm, SAT: 9:30am to 7pm, SUN: 11am to 6pm
ST. LAURENT CENTRE
1200 ST. LAURENT BLVD, OTTAWA, ONTARIO K1K 3B8
MON – SAT: 9:30am to 9pm, SUN: 11am to 5pm
BAYSHORE SHOPPING CENTRE
100 BAYSHORE DRIVE, OTTAWA, ONTARIO K2B 8C1
MON – SAT: 9am to 9pm, SUN: 10am to 6pm
*Some exclusions may apply.

Mélanie Jubinville-Stafford extends into warrior pose outside her east Ottawa home. EVELYN HARFORD/FOR METRO

'Fat yoga' a safe spot for bigger bods

FITNESS

Mockery all too common at many gyms

Evelyn Harford
For Metro | Ottawa

Mélanie Jubinville-Stafford is preparing to tackle a devastating lack of body positivity in Ottawa yoga classes.

Jubinville-Stafford started practising yoga about a decade ago and has been training to become a teacher since August. She hopes to host what she calls "fat yoga" classes upon graduation in March and already has an offer to teach out of a studio in Cumberland.

Jubinville-Stafford's desire to create safe spaces comes from her experience as a self-identified bigger-bodied woman who has felt unwelcome in "traditional" yoga studios and gyms.

There was even a time when Jubinville-Stafford couldn't buy workout clothes due to her size.

"Before Old Navy had XXL clothes, I remember not even having the dignity of having (workout) clothes … where I could kind of blend in."

At 256 pounds, Jubinville-Stafford says she's merely "Addition Elle fat.... I still fit in the bus seats." But she still hopes her experiences will help her teach from a place of understanding.

Jubinville-Stafford said the city doesn't have enough safe spaces for bigger bodies to work out.

"So many people with bigger bodies have heartbreaking experiences when trying to be physically active," said Jubinville-Stafford. "Including me."

"I was on a treadmill and two people, who were smaller, walked past me and they just said, looking at me, 'Wow, there's motivation,'" she said. "I didn't go to the gym for 10 more years after that."

TAKE. YOUR. PICK.
EARN A HIGH SCHOOL LANGUAGE CREDIT ON WEEKENDS

ép ÉDUCATION PERMANENTE
CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner

www.educationpermanente.ca
INTERNATIONAL LANGUAGES PROGRAM | Éducation permanente
181 Donald St., Ottawa | 613-741-2304 x 4

PANDORA

UNIQUE STYLE, YOUR WAY.

THE PANDORA STORE AT RIDEAU CENTRE
50 Rideau Street
613.695.6597
pandoraottawa.ca

© 2016 Pandora Jewelry, LLC • All rights reserved

Walmart
Save money. Live better.™

WE'VE LOWERED PRICES ON OVER 1000 ITEMS

Kraft Dinner Original
4 x 225 g.
#30696752.
new lower price 2.97 pack

Tim Hortons Fine Ground Coffee
#30002657.
new lower price 16.97 930 g

Nestlé Gerber Cereals
Assorted types and sizes. #30390883.
new lower price 3.47 each

Pantene Shampoo
#30076121.
new lower price 3.96 375 mL

Tide Pods Laundry Detergent
#30294910.
new lower price 18.94 72s

Primo Soups
Assorted types. 525 mL – 540 mL.
#9203241.
new lower price $1 each

McCain Crinkle Cut Fries
#30997531.
new lower price 1.96 900 g

Speed Stick or Lady Speed Stick
Assorted types and sizes.
#225070.
new lower price 1.97 each

new lower prices

Not available in all stores. See Walmart.ca or contact Walmart customer service at 1-800-328-0402 for availability.

SAVE THIS WEEK ONLY

September 15 – 21

GET $5 OFF AT BOSTON PIZZA®

WITH PURCHASE OF J.P. WISER'S DELUXE CANADIAN WHISKY

While supplies last. In store only.

LET'S GET — LCBO — TOGETHER

J.P. WISER'S DELUXE CANADIAN WHISKY

Subtle & Sweet

216689 | 1140 mL | Reg. $39.75
→ NOW $38.75 | **SAVE $1.00**

PLEASE DRINK RESPONSIBLY

GET SOCIAL

Boston Pizza® and the Boston Pizza® roundel are registered trademarks of Boston Pizza Royalties Limited Partnership, used under license.© Boston Pizza International Inc. 2016. Featured products available at select LCBO stores, while supplies last. Prices subject to change without notice. Price offers in effect until October 9, 2016. Boston Pizza® coupon available in store with purchase of J.P. Wiser's Deluxe Canadian Whisky (216689 | 1140 mL) until September 21, 2016 while supplies last. Le contenu de cette publication est offert en français sur notre site web: **lcbo.com/publicite**

24823

Diner gets window exemption from city

COUNCIL

Owner now has plans for a patio in the courtyard

Emma Jackson
Metro | Ottawa

When city staff close a door, your local councillor might just open a window.

At least, that's the case for the Wellington Diner, which got an exemption Wednesday to install accordion windows on his storefront despite breaking the city's encroachment rules.

"It's fantastic news," said diner owner Jeff Frost.

He had first applied for an exemption earlier this spring, but was denied after weeks of back-and-forth with city staff.

The windows would cut into the sidewalk's right-of-way about three feet on either side when open.

But since the sidewalk is wide and the diner's not allowed a patio instead, Kitchissippi Coun. Jeff Leiper stepped in to help. On Wednesday, he presented a motion to exempt the diner, which council supported unanimously.

Frost was happy with the decision, and hopes to be able to let the outdoors in by next May.

But now he's eyeing an even bigger prize: that of a patio in his courtyard, which is ready-made except for the tables and chairs.

It would cost $8,500 to rezone the property to allow a patio, Frost said. Leiper's hoping staff can move quickly so it's approved for the spring.

Leiper said he's going to consult the community first, but he suspects most neighbours will be on board.

Wellington Diner owner Jeff Frost has gotten permission to install accordion windows. EMMA JACKSON/METRO

DEVELOPMENT

Hotel to tear down garage, add suites

A crumbling hotel parking garage will no longer monopolize the city's best views of the river.

Owners of the historic Chateau Laurier across the canal from Parliament Hill announced plans for a major expansion Wednesday, one that will put parking underground while adding up to 200 long-term suites. If approved, the hotel's parking garage on the north side of the building will be torn down to make way for a modern five-storey extension filled with one-, two- and three-bedroom suites designed for hotel guests staying longer than 30 days.

Art Phillips, development director with hotel owner Larco Investments, said the suites will be geared to senators, members of Parliament or other public servants who might feel better bringing their families with them to the capital if they know they can access a roomier apartment while they're here.

Designs show a tall, glassy extension that is decidedly contemporary, but which echoes the building's iconic limestone walls and copper roofs.

"We're trying to capture the richness and quality of the hotel," said lead architect Peter Clewes.

Clewes said much attention has been paid to how the extension will add to Mackenzie Street on the eastern side. A new guest entrance and drop-off is planned, as well as an entrance to the new underground garage.

Larco will submit a site plan application to the city in the coming weeks, and then a detailed design to the National Capital Commission for approval.

Public consultations will follow, and the hotel hopes to break ground in the fall of 2017, after the Canada Day and 150th anniversary celebrations have wrapped up.

The new suites should open in 2020. EMMA JACKSON/METRO

Architects wanted to complement, not mimic, the Chateau Laurier in Ottawa's downtown. The parking garage on the north side of the hotel will be torn down. EMMA JACKSON/METRO

IN BRIEF

Thompson withdraws from Carleton riding nomination

Former Osgoode councilor Doug Thompson has dropped out of the Ontario Progressive Conservative Party nomination race in the new riding of Carleton.

Thompson's campaign said in a statement that he decided to drop out of the race after "it became abundantly clear from his visits and discussions that partisan party politics could play a role." METRO

Zellers
NEPEAN
2065 ROBERTSON RD., NEPEAN
613-726-1379

GREAT PRICING ON MAJOR HOME FASHION
HURRY IN FOR BEST SELECTION, WHILE QUANTITIES LAST.
ON NOW THRU WEDNESDAY, SEPTEMBER 21
SAVE UP TO 85% on mattresses
SAVE UP TO 70% on furniture
SAVE UP TO 40% on appliances
PLUS SAVE AN EXTRA 25%* on already-low prices on mattresses and furniture and SAVE AN EXTRA 15%* on appliances

AMAZING FASHION OFFERS
SAVE UP TO 85% WHEN YOU TAKE AN EXTRA 70%* OFF on women's spring and summer sportswear, swimwear and sleepwear
SAVE UP TO 75% WHEN YOU TAKE AN EXTRA 50%* OFF on women's spring and summer footwear and handbags
SAVE UP TO 75% WHEN YOU TAKE AN EXTRA 50%* OFF on men's and kids' spring and summer fashions

Hours of operation: Mon. – Fri. 9:30 am – 9 pm | Sat. 9:30 am – 6 pm | Sun. 10 am – 6 pm

Store discounts are off the lowest ticketed price. We accept Hudson's Bay MasterCard®, Hudson's Bay Credit Card, major credit cards, debit cards, cash. No cheques. No price adjustments on prior purchases. No returns, exchanges or price adjustments on Major Home items. Selection may vary. While quantities last. Some exclusions will apply. No Rain Checks. See store for details. No other discounts apply. *Extra 25% off mattresses and furniture, extra 15% off appliances, extra 70% off women's spring and summer sportswear, swimwear, and sleepwear, extra 50% off women's spring and summer footwear and handbags and extra 50% off men's and kids' spring and summer fashions off the last ticketed price. This promotion does not apply to items that are price pointed. Additional Dot Discounts are not applicable. Other exclusions apply.

JOURNALISM

Metro racks up award nominations

Metro has been nominated for two Canadian Online Publishing Awards (COPA) for its coverage of traffic fatalities in Toronto and of the Fort McMurray fire in Alberta.

Metro Toronto received a nomination for "Best Article or Series" for Toronto's Deadly Streets.

Bridging investigative journalism and advocacy, managing editor Angela Mullins and reporter Luke Simcoe produced a series that went beyond the statistics to bring the human impact of road deaths to the fore. Their reporting successfully moved public and political opinion regarding traffic-related fatalities.

James Alvir, interactive producer, built an online tool that helped readers contact their local councillors and agitate for change. Hundreds of readers did just that, and the #TODeadlyStreets hashtag trended on Twitter in Toronto on each of the five days the series ran.

Metro Calgary and Metro Edmonton are nominated for "Best News Coverage" for their reporting of the Fort McMurray fire.

When the city of more than 80,000 people had to be evacuated because a wildfire suddenly switched course, Metro provided readers across Alberta the latest information on the developing event. Darren Krause, Metro Calgary's managing editor, coordinated coverage, providing readers with a mix of news and must-know utility information as the fire started to burn down entire neighbourhoods. While most travelled south, Metro Edmonton's managing editor, Tim Querengesser, went north to provide coverage from the scene.

Reporters Jeremy Simes, Alex Boyd and Liz Brown recorded the experiences of people fleeing the fire-ravaged city. They included the story of a man who watched his home burn down on his security camera, a 16-year-old girl who fled the city on horseback and a pilot who flew displaced animals to safety.

Winners will be announced on Nov. 7 at an awards ceremony in Toronto. METRO

SECURITY

Cyberattack warning from border agency

Border officials warn a cyberattack on their facial recognition or fingerprints databases could result in barring innocent travellers from Canada — or letting the wrong people in.

In documents prepared for Public Safety Minister Ralph Goodale in November, Canada Border Services Agency officials said they need to "keep pace with emerging security vulnerabilities" to systems governing who can enter the country.

The growing use of "biometric" data — such as fingerprints, facial recognition, and retinal scans — was cited as an example.

"A malicious cyberattack, for example, could infiltrate the back-end of a biometric identification system and produce false acceptances and/or rejections," reads the document, obtained by Torstar under access to information law.

A spokesperson for CBSA said that the agency employs "both physical and technical" security to protect its data centres, networks, and applications.

Aside from the risk, the agency also noted that Canadians are putting greater pressure on governments and companies to protect their privacy and prevent unauthorized uses of personal information. TORSTAR NEWS SERVICE

An undated photo shows a snowy owl in Montana. 86 species of birds are threatened by plummeting populations, habitat destruction and climate change, a report says. THE MISSOULIAN VIA THE ASSOCIATED PRESS/THE CANADIAN PRESS

1.5 billion fewer birds fly over North America

WILDLIFE

There aren't as many feathered friends as there used to be

North American skies have grown quieter over the last decades by the absent songs of 1.5 billion birds, says the latest summary of bird populations.

The survey by dozens of government, university and environmental agencies across North America has also listed 86 species of birds — including once-common and much-loved songbirds such as the evening grosbeak and Canada warbler — that are threatened by plummeting populations, habitat destruction and climate change.

"The information on urgency is quite alarming," said Partners In Flight co-author Judith Kennedy of Environment Canada. "We're really getting down to the dregs of some of these populations."

The report is the most complete survey of land bird numbers to date and attempts to assess the health of populations on a continental basis. It concludes that, while there are still a lot of birds in the sky, there aren't anywhere near as many as there used to be.

Evening grosbeaks are down 92 per cent since 1970. Snowy owls have lost 64 per cent of their numbers.

Tally it all up and there should be another 1.5 billion birds perching in backyards and flying around in forests than there are, says the report.

Nor are the declines stopping. Among those 86 species, 22 have already lost at least half of their population since 1970 and are projected to lose another 50 per cent of their numbers within the next 40 years.

22

The number of bird species that have already lost at least half of their population since 1970 and are projected to lose another 50 per cent within the next 40 years.

For at least six species, this "half-life" window is fewer than 20 years.

The culprits are familiar.

Agriculture disturbs habitat of grassland birds and introduces pesticides into the landscape. Logging fragments the intact forests birds use as refuelling stations as they migrate. Domestic cats are thought to kill more than two billion birds a year.

"It's the death of a thousand cuts," said Kennedy.

At stake is much more than the pleasure of a little backwindow bird song.

The report says birds are crucial indicators of overall ecosystem health. Healthy forests and prairies need healthy bird populations, said Kennedy. THE CANADIAN PRESS

SCREENING

Current immigration process is just fine, former PM says

Former prime minister Brian Mulroney has waded into the debate over screening newcomers for "anti-Canadian values," saying he sees no need to toughen the immigration process as one Conservative leadership contender is suggesting.

Ontario MP Kellie Leitch has floated the idea of applying such a test to potential immigrants as a way to make sure their views on issues like gender equality are aligned with Canadian values.

But Mulroney said that's unnecessary.

"We have a good process now. People don't just walk in the front door here," he told reporters after delivering a speech at the University of Calgary on Tuesday.

Brian Mulroney THE CANADIAN PRESS

"They have to meet certain criteria and I think if they meet those criteria, that should be OK."

Mulroney, who was the Progressive Conservative prime minister from 1984 until 1993, also diplomatically waded into U.S. politics, where immigration has also been a hot-button issue.

"This is a most unusual choice that Americans have to make."

He said in the end, Clinton has more going for her in terms of experience. THE CANADIAN PRESS

MAKE IT AN !ndigo *weekend*

!ndigo | Chapters | Coles | indigo.ca

TO SEE THIS WEEKEND'S EVENTS VISIT
INDIGO.CA/WEEKEND

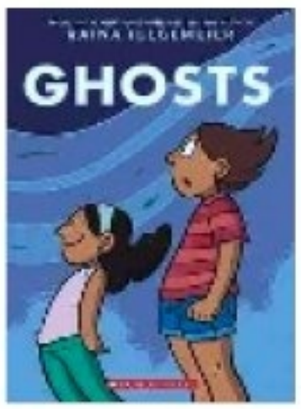
SEPTEMBER 15–18

UP TO

50% OFF FALL SALE

SELECT ITEMS AS MARKED

NOW AVAILABLE



GHOSTS
New from Raina Telgemeier, author of *Drama* and *Smile!* A story of family, memory, and friendship in a town with an eerie secret.

NOW $10 REG $13.99

JOIN US!
11AM – SAT. SEPT. 17

!ndigokids

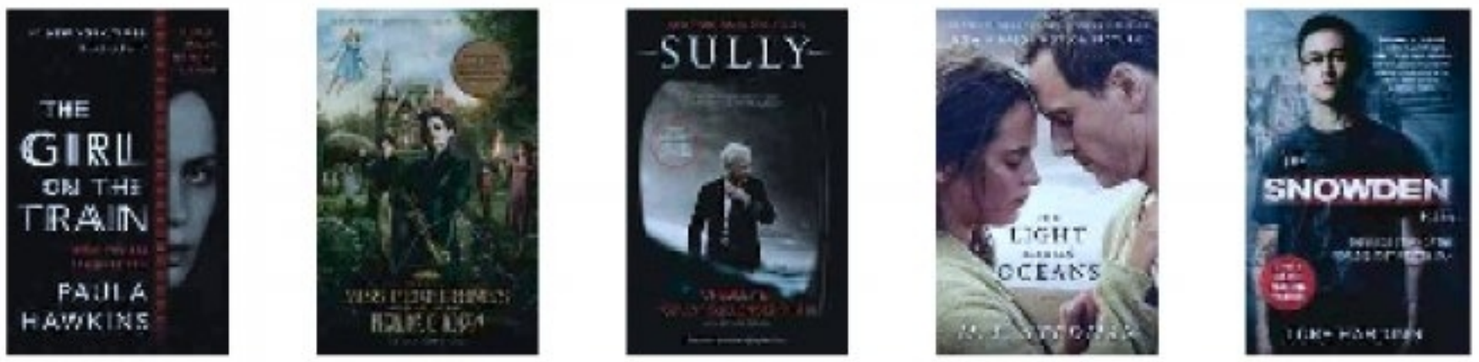
PRESENTS

PAW PATROL

STORYTIME & ACTIVITY[1]

PAGE TO SCREEN

The most anticipated book-to-movie adaptations



THE GIRL ON THE TRAIN **NOW $15** REG $22; MISS PEREGRINE'S HOME FOR PECULIAR CHILDREN **NOW $10** REG $12.99; SULLY **NOW $15** REG $19.99; THE LIGHT BETWEEN OCEANS **NOW $15** REG $23; SNOWDEN **NOW $15** REG $18.99

SNAP & SHARE YOUR **#INDIGOWEEKEND** /**@CHAPTERSINDIGO** FOR A CHANCE TO WIN 1 OF 4 $100 GIFT CARDS AND $100 WORTH OF PLUM POINTS. VISIT INDIGO.CA/INDIGOWEEKENDCONTEST FOR FULL CONTEST RULES.

Offers valid while quantities last now through September 19, 2016 in-store and at indigo.ca, unless otherwise indicated. No price adjustments on previous purchases. [1]Children under the age of 16 must be accompanied by an adult. Events are subject to cancellation or change without notice. Indigo, Chapters, Coles and indigo.ca are trademarks of Indigo Books & Music Inc.

Millions of refugee kids have no schools, UN says

REPORT

Only 50 per cent have access to education

More than half of the 6 million refugee children under the mandate of the United Nations have no access to school just as the refugee school-age population is exploding by 600,000 a year, a new report says.

According to the United Nations High Commissioner for Refugees report, only 50 per cent of refugee children around the world have access to primary school education, compared with a global average of more than 90 per cent.

As these unschooled children grow older, the gap becomes even more startling: only 22 per cent of refugee teens go to high school compared to 84 per cent globally and just 1 per cent attend university, compared to 34 per cent around the world.

"By educating tomorrow's leaders, be they engineers, poets, doctors, scientists, philosophers or computer programmers, we are giving refugees the intellectual tools to shape the future," says the 48-page report to be released in Geneva Thursday.

The report comes in advance of world leaders gathering next week at the UN General Assembly's Summit for Refugees and Migrants and U.S. President Barack Obama's Leaders' Summit on the Global Refugee Crisis.

The report will serve as the backdrop to the summits' discussions to set targets and secure aid funding to ensure every school-age refugee receives a quality education.

"This represents a crisis for millions of refugee children," Filippo Grandi, UN High Commissioner for Refugees, said in a statement. "Refugee education is sorely neglected, when it is one of the few opportunities we have to transform and build the next generation."

Grandi said the refugee school-age population grew by 30 per cent in 2014 alone, which means an average of at least 12,000 additional classrooms and 20,000 extra teachers are needed each year.

There are now 65 million displaced people around the world, including 21 million outside of their native countries. Eighty-five per cent of these refugees are hosted in poor developing countries.

Before the conflicts in Syria, 94 per cent of the country's children attended primary and lower secondary schools. However, by 2016, only 60 per cent of children had access to school there, leaving 2.1 million children and teenagers without an education, said the report.

In neighbouring countries, only 39 per cent of school-age refugee children and adolescents were enrolled in primary and secondary schools in Turkey, 40 per cent in Lebanon, and 70 per cent in Jordan. It means nearly 900,000 Syrian refugee kids in the region are not in school.

TORSTAR NEWS SERVICE

BY THE NUMBERS

16.1 million
Number of refugees under UNHCR mandate

6 million
Those who are of primary and secondary school-going age

3.7 million
School-age refugees who have no school to go to

50%
Refugee kids who have access to primary education

U.S. ELECTION

Clinton 'fit to serve,' doctor says

Hillary Clinton is "recovering well" from pneumonia and remains "fit to serve as President of the United States," her doctor said in a letter released Wednesday by her campaign.

The health details made public by the Democratic presidential nominee included a description of the pneumonia diagnosis Clinton received last week Friday. Her illness became public after she left Sunday's 9/11 memorial service early and was seen on video staggering while getting into a van.

The health episode fuelled long-simmering conservative conspiracy theories about Clinton's health and provided a fresh line of attack for rival Donald Trump.

Facing criticism about a lack of transparency when it comes to her health, Clinton's campaign promised to disclose more detailed information about her health this week.

The letter released Wednesday by the campaign stated that Clinton underwent a chest scan that revealed she had "mild, non-contagious bacterial pneumonia," according to Clinton's physician, Dr. Lisa Bardack, chair of internal medicine at CareMount Medical in Mount Kisco, New York.

The letter says the illness stemmed from a bout of seasonal allergies that developed into an upper respiratory tract infection.

Her symptoms began around the start of this month, and she saw Bardack on Sept. 2. Clinton was advised to rest, but her condition worsened and she developed a cough.

THE ASSOCIATED PRESS

BANGLADESH ANIMAL SACRIFICES TURN DHAKA STREETS INTO RIVERS OF BLOOD Large-scale animal sacrifices marking the Islamic festival of Eid al-Adha combined with heavy rains have turned the streets of Bangladesh's capital into rivers of blood. Authorities in Dhaka designated several places in the city where residents could slaughter animals, but heavy downpours Tuesday meant few people could use those areas. THE ASSOCIATED PRESS

TECHNOLOGY

Teen creates hijab emoji for 'women across the globe'

Rebecca Williams
Metro | Toronto

A Muslim teen is asking Apple to create an emoji of a woman wearing a hijab to better represent "millions of women across the globe."

Apple announced a slew of new emojis aimed at being more diverse gender-wise, including women weightlifting, swimming and donning a construction hat.

But for 15-year-old Rayouf Alhumedhi, the lack of representation for Muslim women was a glaring omission.

The Saudi teen, who lives in Germany, has already written a proposal to push Apple for the new emoji with the help of tech insiders, including Reddit co-founder Alexis Ohanian.

"Roughly 500 million Muslim women on this earth pride themselves on wearing the hijab," reads the proposal addressed to Apple CEO Tim Cook and Unicode, the body in charge of approving changes to the emoji library.

"With this enormous number of people, not a single space on the keyboard is reserved for them."

Fifteen-year-old Rayouf Alhumedhi wants 500 million Muslim women to finally be represented in emoji-form.
CONTRIBUTED

Alhumedhi also recommends allowing the woman in the headscarf emoji to be changed to different skin tones to better represent the different ethnicities who wear the hijab, as well as a headscarf emoji to represent Muslim men.

The teen took to Reddit Tuesday for an "Ask Me Anything," where she opened up about what wearing the hijab means for her and about how her life has changed since moving to Germany.

"Might seem baffling, but when I wear the headscarf I actually feel liberated because I'm in control of what I want to cover," she writes.

Alhumedhi told the BBC that it was in a discussion with her friends that she realized that there was no emoji that represented her.

"There are so many Muslim women in this world who wear the headscarf. It might seem trivial ... but it's different when you see yourself on the keyboard around the world."

If approved, Alhumedhi's emoji would be available in 2017.

Great stars. Great seats. Live on TV1.

Usher & The Roots • Half Moon Run • Metric Grimes • Charlotte Cardin

Tune in to the Global Citizen concert live in Montreal on September 17th. Watch top artists and special guest speakers, including Prime Minister Justin Trudeau and Bill Gates, take the stage to end AIDS, tuberculosis and malaria.

Live with Fibe TV, channel 1158.

bell.ca/fibetv1

GLOBAL CITIZEN

Fibe | Bell

Tech gadget makers confusing customers

TECHNOLOGY

Samsung and Apple have both fumbled upgrades

Apple's iOS10 software update launched with bugs that "bricked" older iPhones, prompting online outrage. AFP/GETTY IMAGES

What's worse, a phone that gets "bricked" by a software update, or one that has a tendency to spontaneously combust?

Right now, those are your options from the world's top two smartphone manufacturers, and it points to a bigger problem — many electronics manufacturers are delivering muddled products and even worse messages, making it difficult for consumers to upgrade. Consider:

1. On Tuesday, Apple released iOS 10, an update to its operating system that immediately started seizing up people's smartphones. The company quickly released a fix, but not before plenty of outrage.

2. Samsung's latest phone, the Galaxy Note 7, is a potential fire hazard that's become a pariah in airplanes, subways and anywhere else fires aren't welcome.

3. The new iPhone 7 hits stores on Friday, and thanks to the company's "courage," it's missing a key piece of technology — the headphone jack — that makes it less consumer friendly than the previous model.

With the onslaught of new products, it should feel like gadget-geek Christmas. But the fumbles and anti-consumer moves make even the true early adopter stop and think about shelling out.

We just lived through an impressive decade of smartphone improvement and innovation. But now, upgrades tend to feature smaller changes and improvements as opposed to whole new products. Apple, for example, is moving to a three-year upgrade cycle from two years, so the company is carefully doling out new features.

Apple tied the new phone with the launch of iOS10, a software update which would hopefully make older iPhones feel like new. Even with a three-month-long beta to work out the kinks, it still launched and promptly bricked an unknown number of phones, prompting online outrage. The company issued a fix, although many users are rightfully gun shy about installing it.

With Samsung, the company has engineered its production capabilities to fully take on Apple, and its Note 7 beat the iPhone 7 to market. But due to a full-scale recall, the company is facing lost billions to fix the issue, plus lost sales and brand value. TORSTAR NEWS SERVICE

DIGEST

Hi-tech cars, robot chefs and rising bread

1 A driverless future: Uber riders in Pittsburgh can get a glimpse of the future by summoning a car capable of handling most of the tasks of driving on its own.

Starting Wednesday, a fleet of self-driving Ford Fusions will pick up Uber riders who opted to participate in a test program.

While features allow the vehicles to navigate on their own, an Uber engineer will sit in the driver's seat and seize control if things go awry. Uber's test program is the latest move in an increasingly heated race between tech companies in Silicon Valley and traditional automakers to perfect fully driverless cars for regular people.
THE ASSOCIATED PRESS

2 Did robots help make your pizza? If you ordered it from Silicon Valley's Zume Pizza, the answer is yes.

The startup, which began delivery in April, is using intelligent machines to grab a slice of the multibillion-dollar pizza delivery market. Zume is one of a growing number of food-tech firms seeking to disrupt the restaurant industry with software and robots.

The company will soon add robots to prep the dough, add cheese and toppings, take pizzas out of the oven, cut them into slices and box them for delivery.
THE ASSOCIATED PRESS

3 Panera to spread nationwide: One of the largest franchise operators of Pizza Hut and KFC locations in North America has scooped up most of the Panera Bread bakery-cafés in Ontario, with plans to grow the fresh soup and sandwich chain across Canada. Woodstock, N.B.-based Franchise Management Inc. announced Wednesday the company will assume ownership and management of 12 Panera outlets, mostly in the Greater Toronto Area. Panera Bread is known for its fresh-baked breads, soups and hand-crafted salads and sandwiches.
TORSTAR NEWS SERVICE

OTTAWA FALL HOME SHOW

Sept 29-Oct 2
EY Centre

the show for every home.

Hours
Thursday, Sept 29th Noon–9pm
Friday, Sept 30th Noon–9pm
Saturday, Oct 1st 10am–7pm
Sunday, Oct 2nd 10am–5pm

Regular Admission
Adults **$13**
Seniors (60+) **$12**
Youth (13–17) **$12**
Children 12 & Under **Free**

Home and Garden Events
@OttawaHomeShows #OFHS16

Produced by EXPO MEDIA | Property of MARKETPLACE EVENTS

KUB from the Micro-Loft Series by Bonneville Homes

Tour the **Micro-Loft Series: KUB** feature home by Bonneville Homes. See innovative ways to make your small spaces amazingly well-equipped and make the most of small bathrooms, kitchens and more with some design inspiration in this minimalist 1,000 sq.ft. home.

Presented by Bonneville 55 | Décor by artemano | Landscaping by PERMACON | Security by ADT Pulse Protection

The Main Stage Designed by artemano

Get a crash course in creating the ultimate pad from must-see presenters at this year's Main Stage. See designer and HGTV host, **Sarah Richardson** on Friday, September 30th from 5:30pm–6:30pm, and many other favourites including editor-in-chief of *Ottawa at Home* magazine, **Mary Taggart**. Consult the full stage schedule online.

ottawafallhomeshow.com

KUB Feature Home

Sarah Richardson

Save $4 Buy tickets online Promo Code: METRO *On Regular Adult Admission Only

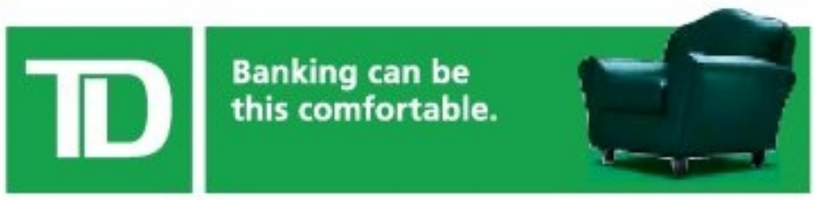
We're so sure you'll enjoy the show, we'll refund your admission if you don't - Satisfaction Guaranteed!

It's never been easier
to get on board.

Flexible TD® Aeroplan® *Visa Infinite** Card benefits let you travel on your terms. With Aeroplan: Get any seat. Fly for less.[1] And be there to enjoy life's richest rewards.

Apply by December 2, 2016 and get up to 30,000[2] Aeroplan Miles. Conditions apply.

Visit tdaeroplan.com/ot or call
1-888-714-4459 to learn more



[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro VIEWS
Your essential daily news
Thursday, September 15, 2016

CHANTAL HÉBERT ON AN EX-PM'S ILL-ADVISED ADVICE

For pipeline proponents, recent developments offer an opportunity to once again try to prod Trudeau himself into action. Mulroney, for one, should know better than to flog that particular horse.

Once in a blue moon, or maybe a bit more often than that, someone who should know better offers the prime minister of the day some strikingly flawed advice.

Such is the case of Brian Mulroney's recommendation that Justin Trudeau personally take charge of the controversial Energy East pipeline file.

In a speech in Calgary this week, the former Tory prime minister offered his successful negotiation of a watershed free-trade agreement with the United States in the late 1980s as the template Trudeau should borrow to advance TransCanada's pipeline plan.

"What we now need for an exceptional, cohesive effort to make the most of our resource base is a similarly clear commitment from the top, led by the prime minister, with a unique, high-quality organizational structure drawing expertise from across Canada, and a genuine partnership that will spearhead expansion of our resources, expedite infrastructure construction and bolster a broader diversification of our resources," the former Tory prime minister told his Alberta audience.

It should be said at the outset that this is advice offered in good faith. At a time when most were still sneering at the notion that Trudeau could become prime minister, Mulroney was talking up his potential.

As opposed to other prominent Energy East backers — such as former Quebec premier Jean Charest who was at one point on contract as a consultant to TransCanada — Mulroney has no financial connection to the project. (He does toil in a law firm that, like its competition, is always on the lookout for more energy industry clients.)

Mulroney is not the first to call on Trudeau to jump in front of the pipeline parade and, given the travails of the National Energy Board in dealing with Energy East, he will not be the last.

On Friday the three-member NEB panel tasked with vetting the plan to link the oilsands to the Atlantic coast belatedly recused itself amidst enduring questions as to its independence.

In hindsight, that should have happened as soon as news surfaced earlier this summer of private meetings between panel members and parties such as Charest, whose interests were vested in the project.

The next panel will be made up of members hand-picked by the Trudeau government rather than legacy Conservative appointees. That should go some way to restore credibility to the process. Further down the road, it would make a pro-Energy East NEB recommendation harder for Trudeau to dismiss.

But for pipeline proponents, the latest developments also offer an opportunity to once again try to prod Trudeau himself into action. Mulroney, for one, should know better than to flog that particular horse.

The current prime minister does have an enviable amount of political capital. But then, so did former Quebec premier Lucien Bouchard when he took on the role of chief lobbyist for the shale gas industry in Quebec a few years ago. Not only did Bouchard fail to advance the argument, he also left a lot of his credibility on the battlefield.

TAKE IT FROM HIM Former prime minister Brian Mulroney has said Justin Trudeau should take a lesson from the free-trade negotiations with the U.S. in the late '80s and assume leadership on the oilsands-pipeline file. LARRY MCDOUGAL/THE CANADIAN PRESS

And then, the dynamics of a top-down prime ministerial effort to rally support for a pipeline in the name of nation-building would be more akin to the ill-fated constitutional rounds that took place on Mulroney's watch than to the trade negotiations that led to the FTA and NAFTA.

If there is one former prime minister who should know the limits of the persuasive powers of a top-down policy consensus, it should be Mulroney. He and his government succeeded twice in securing unanimous provincial support for two successive constitutional accords.

Within a year of the negotiation of the Meech Lake accord in 1987, premiers of a different constitutional persuasion had replaced Mulroney's allies in New Brunswick and Manitoba. And no amount of establishment support from virtually every quarter of Canadian society could salvage the subsequent Charlottetown accord from the fury of voters.

Back when Mulroney and the premiers set out to proactively redress Quebec's constitutional grievances, the sovereignty movement was at low ebb. These days it is similarly at a loss for an issue with enough popular traction to restore its momentum.

Anyone who is close to the Quebec scene can testify that a show of federal force on Energy East could be the answer to the sovereigntist prayers for optimal conditions for a return to power of a majority Parti Québécois government and — perhaps in time — another shot at referendum.

If there is one former prime minister who should know the limits of a top-down policy consensus, it's Mulroney.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

Suspicion of immigrants is a Canadian value

Desmond Cole

Conservative MP and party leadership contender Kellie Leitch doesn't really want a conversation on Canadian values.

The callous Leitch, who has been insisting lately that we consider a values test for prospective immigrants, simply wants to boost her brand by playing to racist and xenophobic fears of some Conservative party supporters. Modern conservative groups keep questioning immigrants' values because they know their liberal political opponents, who are prone to the same prejudiced scapegoating, will struggle to condemn them.

Many have called Leitch's proposal impractical, since no one person or group can define Canadian values. That's a nice idea, but we know the values our politicians attempt to sell us are a reflection of our colonial, white, British heritage. There are such things as Canadian values, and they explain how our politicians have been peddling a fear of foreigners for the last 150 years.

Suspicion of all immigrants who are not white, or are not members of the former British Empire, is a Canadian value. Canada's founding prime minister, John A. Macdonald, argued that Chinese immigrants to Canada were unfit to vote because they exhibited "no British instincts or British feelings or aspirations." Macdonald didn't need to cloak the authority of the state in the language of wanting a "conversation" about immigrants; in his time, there was no conversation to be had.

Assurances that we no longer live in the 19th century are beside the point. Every politician from Macdonald to Leitch has been able to bank on significant support by distinguishing between British or Canadian values and those of everyone else. Yes, even many newer immigrants echo these suspicions of outsiders' customs or beliefs. They may hail from countries that our government is wary of. The pressure on these newcomers to conform — to validate the wisdom of the system that chose them, to scrutinize those who come after them — must be overwhelming.

Leitch may not win her leadership contest, but the fact her naked appeal to prejudice can still spur "debate" in this country says it all. Polls suggest a majority of Canadians agree with Leitch's call to screen immigrants for good values. Few of us really care about the content of the questionnaire. What we care about is our very Canadian right to demand that immigrants be scrutinized against the comfort and well-being of those already established here.

Conservatives are more likely to support the traditional dominant values openly. It was Leitch who announced a 2015 Conservative campaign proposal to create a "barbaric cultural practices hotline." Prime Minister Justin Trudeau, who has cast himself as being far more progressive on immigration and cultural issues, had little to say about the Macarthyist snitch line — Trudeau and his party had quietly voted in favour of a Conservative law called the "Zero Tolerance for Barbaric Cultural Practices Act" only four months before the election.

Desmond Cole is a journalist based in Toronto

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

Philosopher cat now at www.mymetrostore.ca

metro LIFE

Your essential daily news

Penguin Random House to release Zayn Malik autobiography on Nov. 1

Gosling on fame and all that jazz

LA LA LAND

Canadian actor reflects on his own success in L.A.

Steve Gow
For Metro Canada

Ryan Gosling and Emma Stone are two artists trying to chase their dreams in L.A. CONTRIBUTED

Ryan Gosling should become an annual fixture at the Toronto International Film Festival. After all, he's premiered such hits as Blue Valentine and Drive here, and now that the London, Ont.-born actor is back, he's once again brought a certain buzz to the city.

"It's great to come home," said Gosling, gazing out the window of a top floor in the Ritz-Carlton hotel. "I left Canada so I could make movies in Los Angeles so it feels good to bring those movies home."

This latest film must feel particularly pleasing for him to present to Canada.

After all, it's about his adopted home, Los Angeles — where he moved when he was merely 16 and since found monumental movie stardom.

An audacious musical about the romance between an aspiring jazz musician and an impassioned actress (Emma Stone), La La Land has been turning heads with its catchy musical numbers and big-screen charm.

But amongst the spectacle, Gosling should also be singled out for learning jazz piano prior to filming.

"I dove right in — I always wanted to play piano and what an opportunity to spend three months with a great tutor playing music that you like," said Gosling, who admits to having lost his chops since.

"Some of the pieces I could still play but jazz is very, very difficult."

The musical, which has been enchanting Toronto audiences and finding itself on the top of many critics' Oscar-favourite lists, balances fantastic set pieces with themes of risk and rejection, elements every struggling actor in Hollywood knows well — except maybe the 35-year-old thespian.

> **I didn't have any real frame of reality (so) in my mind it was possible.**
> Ryan Gosling on arriving in L.A. when he was 16 years old, to pursue an acting career

"I didn't know any better," recalled Gosling of his early ambition in Tinseltown.

"I didn't have any real frame of reality (so) in my mind it was possible.

"If I had gone later in life, I don't know if I would've gone.

"But I certainly don't think I would've put myself out there in the way I did."

While the Oscar-nominee credits his conviction for success in showbiz, he admits it's not always been an easy ride. Even with the luck he's had, Gosling still feels every role is a risk.

"It's always a crap-shoot," said Gosling. "Although with this I have to say that it felt like if it was as fun to watch as it was to make, we would have something that worked."

SLUGLINE

Oliver Stone to the NSA: 'They can put me in jail'

Oliver Stone has some strong words for the U.S. establishment. His docudrama on National Security Agency whistleblower Edward Snowden delves into the murky world of surveillance and national security. The 69-year-old sat down with Metro Moscow's Luba Egorova at TIFF.

Edward Snowden divides opinion. Some consider him a traitor, others a patriot. In the film you depict him as a hero and actually put an end to this dispute by justifying his actions. Why didn't you present the other point of view?

There is another point of view in the movie — it's the National Security Agency.

But they look like bad guys...

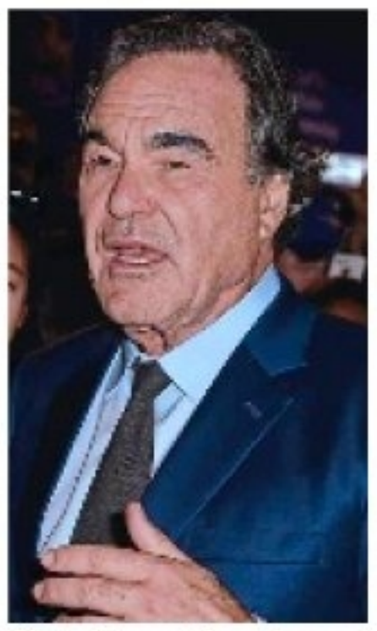
Not all of them. I think it is possible to understand them. For example, Snowden's boss says you don't have to share the views of politicians to be a patriot. He is opposed to the war in Iraq. In his point of view, it is complete nonsense. He believes people prefer surveillance instead of freedom.

This is how he justifies the actions of the agency — there's no third world war thanks to their work. He thinks the only way to keep this security in the heyday of technology, cyber attacks and viruses is through total surveillance. And the main enemies are Iran, China and Russia. He eloquently explains to Snowden that security is a victory, which are the same views that (former NSA director) Michael Hayden had. And many Americans do not care about their rights, their freedom — they are satisfied with security. But I do care. Somehow they forget their security before September 11 — they messed up, because of being stupid. They had a lot of intelligence, but it was fragmented. They just could not see the whole picture. I suppose Russians wouldn't have made that mistake. When it comes to terrorism, Russians are ruthless. Moreover, the National Security Agency often makes public statements. Being a secret service, it is advertising its activities. Or how else would they receive money for their programs? ... That's why I did not think it is important to focus on the "other point of view," but it's there.

After investigating Snowden's story have you changed your mind about gadgets?

Of course. I am sure they are somehow in them and are reading my messages. I would use encryption. You know, I'm a public figure and for a long time I have openly said what I think... I think since the '70s. However, I am too old for all these things. If they want, they can put me in jail. And telling them to f— off won't be a bad way to end life. I don't want to live like a slave. I am disgusted with the idea of tyranny: People should not be wiretapping or anything else...

LUBA EGOROVA/METRO



Oliver Stone at the red carpet premiere of Snowden during TIFF. GETTY IMAGES

The family that reads together

PUBLISHING

Young readers get their own editions of popular titles

Genna Buck
Metro Canada

B.C. author Tilar J. Mazzeo's latest book, Irena's Children, is the high-adventure tale of Irena Sendler, a "female Oskar Schindler." The Polish social worker rescued 2,500 mostly Jewish children during the Second World War by hiding them in coffins and smuggling them through Warsaw's sewers, with help from her network of resourceful teenagers.

But none of that was what Mazzeo's tweenage stepson was most interested in.

"His favourite was the part about Irena Sendler's dog," Mazzeo said. "It's interesting what kids pick up on — the idea that the dog helped, by barking to distract the Germans."

Irena's Children is coming out Sept. 27 in two distinct versions simultaneously, one for adults and one for young readers 10 and up. That's the one her stepson devoured.

Her work is part of a trend: Publishers are adapting adult titles — both backlisted books and new ones like Mazzeo's — for younger audiences.

It's a strategy to squeeze more revenue out of a single title, and to respond to the demand for good books, especially non-fiction, for middle-grade readers.

"That nine to 12 age is super hard," said Kelly Jensen, an editor at Book Riot and former children's librarian. "You have reluctant readers, and some kids who are super eager readers," whose teachers and parents might not want them browsing the YA shelves just yet, Jensen said.

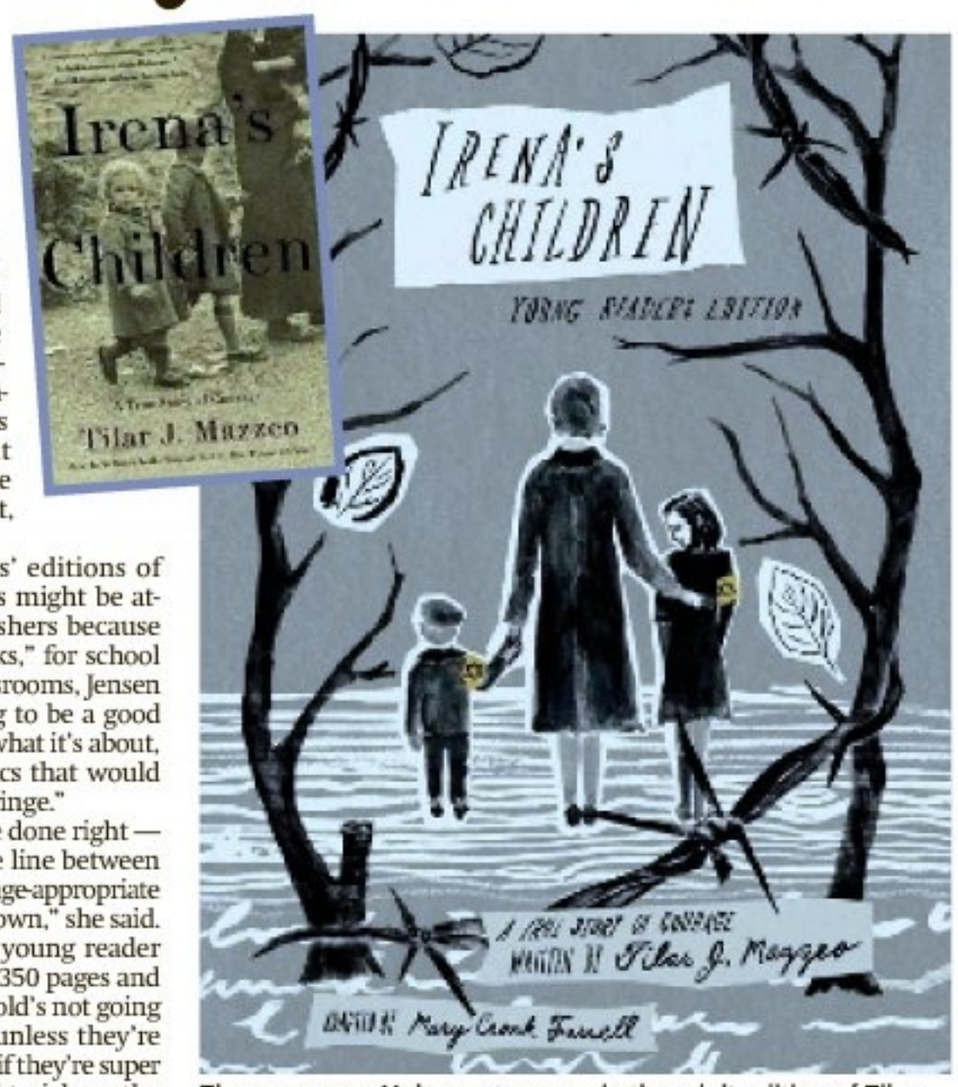
Young readers' editions of well-known titles might be attractive to publishers because they're "safe picks," for school libraries and classrooms, Jensen added. "It's going to be a good story, you know what it's about, without the topics that would make a parent cringe."

But it has to be done right — and there's a fine line between making material age-appropriate and "dumbing down," she said.

"I look at the young reader editions that are 350 pages and think, 'A 10-year-old's not going to pick that up unless they're super into it. And if they're super into it, they might pick up the adult version," Jensen said.

Mazzeo, author of Irena's Children, was happy with how her young readers' edition turned out. She adapted it with help from Mary Cronk Farrell, who has extensive experience in YA.

"Part of it is to encourage families to read together," Mazzeo said. "The parents can read the grown-up version and children can read the young readers edition. And you can have conversations about important ethical, moral and historical subjects."



The gruesome Holocaust scenes in the adult edition of Tilar Mazzeo's **Irena's Children** (top left) were edited out of the adaptation for young readers (above). CONTRIBUTED

The scenes of violence against children were, naturally, left out of the kids' edition. It's not always clear, though, when adaptation tips over into censorship.

For example, Sendler's affair with a married man is a key plot point in Irena's Children, but in the young-reader version the character is just her friend.

"I'm not totally sure, personally, we needed to edit that out," Mazzeo said. "But ... some people would not want their children reading about marital infidelity."

"Children can read the young readers' edition, and you can have conversations about important ethical, moral and historical subjects.
Tilar J. Mazzeo

"The bigger point was you would not want a child *not* reading a story about something really heroic that happened in the Second World War simply because of that issue."

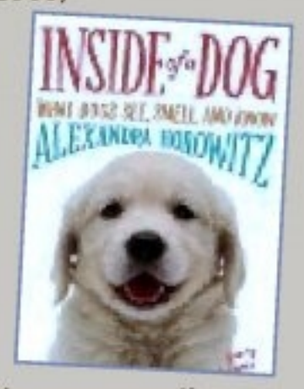
Cognitive scientist Alexandra Horowitz faced a similar challenge while adapting her 2009 bestseller Inside of a Dog.

She pushed to keep technical words like "umwelt" — a term for the internal world of a dog. New concepts are an important part of getting excited about a book, Horowitz said. "I've had good feedback so far. Children are torturing their parents with that word."

READ IT

Adult titles that have been adapted for kids

- I am Malala: Young readers edition
  Malala Yousafzai (2014)
- Inside of a Dog: Young readers edition
  Alexandra Horowitz (2016)
- Far from the Tree, young young readers edition, Andrew Solomon (forthcoming in 2017)
- The Omnivore's Dilemma: Young Readers Edition Michael Pollan (2009)



Big-name novelists getting in on the trend

- Unbroken, Young readers edition
  Laura Hillenbrand (forthcoming in 2017)
- Da Vinci Code, the YA Adaptation
  Dan Brown (2016)

NEW BOOK

Religion plays central role in Emma Donoghue's The Wonder

Sue Carter
For Metro Canada

During the summer of 1985, residents of a small Irish town claimed to have seen a statue of the Virgin Mary move.

The event spawned other sightings across the country of divine statues moving, breathing and even crying, drawing thousands of curiosity seekers and devout Catholics in prayer.

Emma Donoghue — author of the international bestselling novel Room — was just a teenager at the time but she remembers finding the entire phenomenon embarrassing.

"It seemed to me to be a classic case of mass hysteria," she says. "I found it alarming that at a point when Ireland desperately needed to modernize, instead it was having this medieval flashback."

A dubious miracle also drives Donoghue's new novel, The Wonder, which was longlisted last week for the Scotiabank Giller Prize.

Set in 1850s Ireland, a young devout Catholic girl named Anna O'Donnell hasn't eaten for months, believed to be subsisting on manna from God.

As her notoriety increases, a village committee hires Lib, an English nurse who was trained by Florence Nightingale, to ensure Anna isn't sneaking in food and that she is indeed a miracle.

When Anna's health begins to rapidly deteriorate, with her teeth falling out and a downy hair covering her body, skeptical Lib finds herself up against those who would willingly let the child die in the name of religious fanaticism.

Donoghue was initially inspired by the stories of Fasting Girls, which took place between the 16th and 20th centuries, where a group of women, young and old, survived without food for inexplicably long periods of time.

"I've always been intrigued by cases of people who are very powerless yet end up becoming famous or lauded or put on show," she says.

While Donoghue often bases her historical fiction on true events, she decided not to focus The Wonder on any particular person. Some stories she found too sad, while others were obvious hoaxes so ridiculous she would have ended up writing a comedy.

Although Anna's situation is certainly extreme, Donoghue has observed that ideals of contemporary femininity — of being "ladylike and dainty" — have not changed much over the centuries, which is perhaps why many of the 50 fasting cases on record were young women.

"It's the idea that femininity is defined through not showing your appetites for sex or food or power," she says. "Obviously there are very particular factors going on in the case of the one I've written about. It's very much to do with Ireland and Catholicism, but there's also a more universal message to teenage girls to be good and be small."

While the church certainly doesn't get off easy in her novel, Donoghue's intention with The Wonder was not to directly attack Catholicism, but rather to point out the dangers of fundamentalism.

"Really, you could have set this novel in many extreme religious communities, with the emphasis on purity and goodness and rules, pleasing the adults around you and pleasing God though the virtues of sacrifice and suffering and endurance," she says.

Emma Donoghue was inspired by the story of a small Irish town that claimed a statue of the Virgin Mary moved . HANDOUT

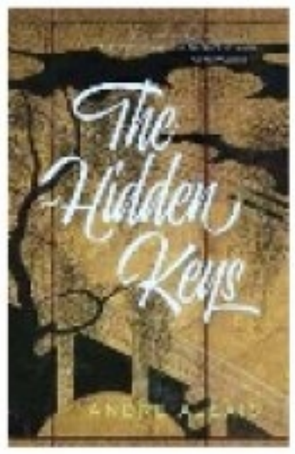
"The Irish have always defined themselves as the people who have suffered, the people who have starved, endured, and so I think Anna's national identity as much as her religious one is all muddled up with the glories of suffering. That strand of what I would call Saint Theresa Catholicism: I found that a dark and fascinating world to write about."

Curl up this fall with these books

New books are dropping on our desk like falling leaves lately; there are so many good reads to curl up with, but some stand out. We've picked five of our favourites to get you through the season. TORSTAR NEWS SERVICE

SEPT. 19

Andre Alexis, The Hidden Keys



In 2015, Alexis won the Scotiabank Giller Prize for his novel Fifteen Dogs. This newest is the third in the series of five — a quincunx — where he turns standard story constructs on their head. In this one he was inspired by reading Robert Louis Stevenson's Treasure Island, so there is, indeed, a buried treasure of sorts and a cast of characters who go to great lengths to find it.

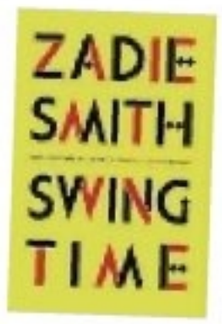
SEPT. 27

Marni Jackson, Don't I Know You

Marni Jackson is familiar to so many Canadian readers through her journalism; now she's written her first novel, a trip through generations of celebrities via one character, Rose McEwan, whose life from the age of 17 is peppered with cameos from Meryl Streep, Neil Young and Leonard Cohen.

NOV. 15

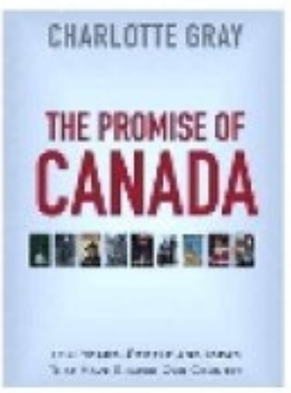
Zadie Smith, Swing Time



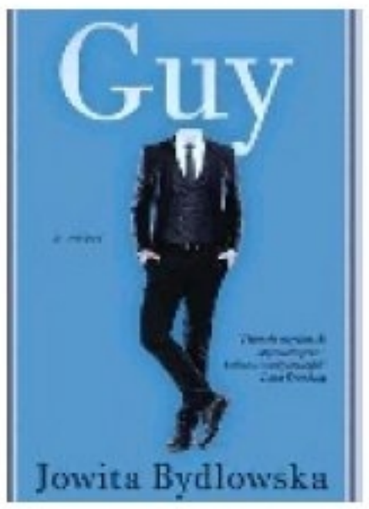
U.K. writer Zadie Smith's new novel is about two friends who dream of being dancers; one of them has talent and one doesn't, but they both pursue their dreams with much different outcomes. Smith's novels tend to cause a stir: her debut White Teeth came out to acclaim and On Beauty won the Orange prize.

OCT. 18

Charlotte Gray, The Promise of Canada



As Canada gets set for its 150th birthday next year, historian and biographer Charlotte Gray takes a look at the people who helped shape the country. Another worthy contribution to the celebrations is comedian Mike Meyers.



NOV. 1

Jowita Bydlowska, Guy

This darkly funny book gets you from the first page — where Guy introduces women not by their names but by how he rates them: as a four-and-a-half, or a one. The idea is to take a look at a misogynist guy from his point of view, and provide some biting social commentary along the way.

THE SUN ALSO RISES ANALYSIS

Hemingway worked his brand

Ernest Hemingway has a special place in the heart of Torontonians. In the early 1920s he worked for the Toronto Star as a reporter, writing from post-WWI Europe and also Toronto. The brevity of his style and the ability to soak in detail, capture dialogue and explain character were elements he learned as a journalist and were brilliantly transferred to his fiction, as Lesley M.M. Blume describes in Everybody Behaves Badly: The True Story Behind Hemingway's Masterpiece The Sun Also Rises. It was Hemingway's first great novel, a roman à clef. Here Blume talks about Hemingway from her home in Los Angeles.

> **He inspired slavish devotion, even though he was unable to maintain happy relationships**
> Lesley M.M. Blume on Ernest Hemingway

You note, "No one was a better promoter of Hemingway than Hemingway."

He had charisma; he was larger than life. He came to Europe at the age of 22 as a Midwesterner with a big outdoor lifestyle and a huge appetite for living. Writers didn't look like Hemingway. He is a guy who breathes the outdoors. He is sexy; he is handsome; he lives in Paris; and in a seemingly unintellectual way, he is exceedingly intellectual. He is reinventing modern language. It was an intoxicating formula to promoting Hemingway.

In The Sun Also Rises you can see the influence of journalism, the brevity, the lack of great swathes of description and subordinate clauses. But he complained about being a reporter.

He protested too much. He didn't hate being a reporter. He hated that it was taking away time from what he considered his real writing. He was terrified someone else would do what he was trying to do in prose and break through before he did.

Hemingway was a really good reporter. He got huge assignments for a rookie reporter. He was 23 and interviewing Mussolini. The confidence of his dispatches, his knowledge of world events and his ability to encapsulate what was happening in Europe is incredible.

Hemingway's journalism did inform his style and gave him a huge amount of material to work with. All his short stories come from materials he accrued when ricocheting around Europe.

Hemingway wasn't the only one who wanted to strip down Victorian frippery. But he was the first one to do it.

He told one of his editors: 'There is nothing in my work that somebody without a high school education can't relate to.' He also said the highbrow critics "will get what I am up to." He was able to hit both the high note and the low note.

He could turn on you. Think Gertrude Stein, F. Scott Fitzgerald, his wives, all the people who supported him whom he pushed away.

Documenting this period in his life was trying to understand the nature of his charisma that would draw people to him even though he constantly turned on them. The Sun Also Rises was strong public evidence of Hemingway's ability to turn on those who had helped him. The book was breathtakingly literal. The people he chose as characters were so shrewd and so cool and so accurately reported.

TORSTAR NEWS SERVICE

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME
12 weeks (36 hours in class and 36 hours online)
FRENCH AS A SECOND LANGUAGE (9 LEVELS)
September 26 to December 17, 2016
Evenings: 6 pm to 9 pm (10 Levels)
Saturdays: 9am to noon (8 Levels)
ENGLISH AS A SECOND LANGUAGE (6 LEVELS)
September 26 to December 17, 2016
Evenings: 6 pm to 9 pm (6 Levels)
NEW! Saturdays: 9 am to noon (2 Levels)

FULL TIME
4 weeks (60 hours in class and 60 hours online)
FRENCH AS A SECOND LANGUAGE (6 LEVELS)
September 12 to October 7, 2016
Levels 1, 3 and 5: 9 am to noon
Levels 2, 4 and 6: 12:30 pm to 3:30 pm
ENGLISH AS A SECOND LANGUAGE (2 LEVELS)
September 12 to October 7, 2016
NEW! Level 3: 9 am to noon; Level 4-5: 12:30 pm to 3:30 pm

FEES: $35.00
(Immigrants, naturalized Canadians, Refugees whose first language is not English)

All new students need to go to the Language Assessment and Referral Center prior to registration. Please call 613-238-5462 for an appointment.

Subsidized by: Ontario
CONSEIL DES ÉCOLES CATHOLIQUES DU CENTRE-EST
Le meilleur conseil qu'on puisse vous donner
Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3;
Fax 613-741-2191
educationpermanente.ca
ép ÉDUCATION PERMANENTE

Miley Cyrus boycotting red-carpets

Singer and actress Miley Cyrus hasn't walked a red carpet since December for A Very Murray Christmas. GETTY IMAGES

INTERVIEW

Star says when people are starving, walk feels like a 'skit'

If a celebrity doesn't walk a red carpet, are they still a celebrity?

In the next phase of her career, that's the bold question Miley Cyrus will face after her unprecedented vow to "never do a red carpet again."

With Hollywood's awards season kicking off at Sunday's Primetime Emmys, will other celebs sidestep the frenzy and follow Cyrus off the carpet? In show business, such a daring declaration could have implications beyond what's beneath those designer heels.

In recent years, media shenanigans on red carpets have prompted push-back from such A-listers as Julianne Moore, Reese Witherspoon and Jennifer Aniston.

Last awards season, they opted against sticking their well-manicured and bejeweled hands in front of E!'s "mani-cam," while younger actresses like Jena Malone and Elizabeth Moss publicly mocked the paw parade.

Cyrus last appearance on a red carpet was back in December at the premiere of the Netflix film A Very Murray Christmas. Cyrus ominously captioned an Instagram photo of herself posing on it: "(hashtag)mylastredcarpet4eva." Apparently, she meant it.

"I had to do the premiere, and I will never do a red carpet again," the singer-actress said in the October issue of Elle magazine, out Wednesday. "Why, when people are starving, am I on a carpet that's red? Because I'm 'important'? Because I'm 'famous'? That's not how I roll. It's like a skit — it's like Zoolander."

Stacy Jones, president of entertainment marketing agency Hollywood Branded, said stars who shun the red carpet lose fame and fortune. She expects Cyrus, who is appearing as a coach on the latest season of the NBC singing competition The Voice and starring in the upcoming Amazon series Crisis in Six Scenes, will likely miss out on future roles and deals because of her decision.

"It's part of the job," said Jones. "In today's world, when you sign up to be a celebrity, you're singing up to be in the limelight. You're going to be in gossip columns and have paparazzi follow you. You will have fans idolize you. It's damaging to your career and people you work with to say you won't be part of the glitz and glamour that comes along with the job."

THE ASSOCIATED PRESS

#YOW INDEX

The Kit Compact—Canada's fave beauty and style brand—checks out Ottawa's hottest style destinations

THE ADDRESS:
VIENS AVEC MOI, 1338 WELLINGTON ST. W.

Set in a cute little house, Viens Avec Moi boutique is a must for those hunting for classic cool fashion. Owners and BFFs Renée Morra and Sophie Beaudoin have curated their shop so that you can find the perfect piece for any occasion—and they're constantly introducing exciting brands like jewellery designer Jenny Bird and contemporary lines such as Bella Dahl, Rails and Mother Denim.

What was the inspiration for your decor? "We travelled a lot before opening our shop. Our travels to Nice, Venice Beach in L.A., New York and Brooklyn were huge inspirations behind our concept."

What's the inspo behind the name of your shop? "We're both French and love relating travel to our store concept, so 'come with me' was perfect."

What do you like about being among the shops of Wellington West? "The area is filled with female business owners. It's such an amazing community. We send each other customers by recommending each other's shops and businesses!" —*Katie Hession*

THE MUST-DO: **SWEET EATS**
Celebrate the last warm days of the year with a huge and hugely imaginative soft-serve cone from newly opened treat emporium Sweet Jesus (97 Clarence St.). Then, once fall temps hit, swing by for an equally indulgent s'mores latte.

FROM THE EDITORS OF THE KIT **compact**
thekitca @thekitca @thekit

CONNECT WITH US Get the latest style news delivered to your inbox. **Visit thekit.ca/sign-up**

Upward Dog Yoga Teacher Trainings
With Elizabeth Whissell & Garrett Plumly
613.241.9642

Shop the ByWard Market
Ottawa's Fashion Destination Since 1826
Independent fashion boutiques
House & home essentials
Health & beauty specialists
600+ businesses ready to serve you!

Ottawa
www.byward-market.com
#bywardmarket
Over 3,100 parking spaces

The perfect atmosphere for your next Girl's Night Out
Call now to reserve:
613-569-2126
100 Elgin St.
GRILL41.CA
G41 GRILL FORTY ONE

ADVERTISING FEATURE

Shop with Leisure

Avoid the Crowds of the Mall at Taing Jewellers Barrhaven

Taing Jewellers Barrhaven is a family owned and operated business with over 30 years of history in Ottawa. After moving from their flagship store in Rideau Centre, they made a home in Barrhaven, one of the fastest growing communities in the city. With excellent, friendly service and free parking, Taing Jewellers Barrhaven proudly offers a range of services including on-site jewellery and watch repairs and gemological appraisals. With one of the largest diamond bridal collections on display in store, they showcase Forevermark diamonds, mined, cut and polished in Canada. Forevermark Diamonds come with a unique inscription and promise that they are rare, beautiful and responsibly sourced.

The Taing Team of seasoned professionals will be more than happy to show you their artfully showcased jewellery, where there is something for everyone's taste and budget. The beautifully renovated Pandora area showcases Essence, Disney and the full line of Pandora products including rings, earrings, necklaces in addition to the ever popular bracelets and charms. This beautiful fall collection has vintage inspiration and includes the much anticipated new birthstone rings.

Today, Friday and Saturday visit Taing Jewellers Barrhaven for the Spend More Save More Promotion!

Build your PANDORA and stock up on gifts for the upcoming holidays – the perfect gift for someone you care about, unique and special, just like her! Their elegant, must-see store is at the corner of Greenbank and Fallowfield in Barrhaven

613-843-1193 taingjewellers.com

PANDORA

TAING JEWELLERS BARRHAVEN

810 Greenbank Rd. • Nepean, ON • K2J 1A2
Mon 10am - 6pm • Tuesday 10am - 6pm • Wed 10am - 6pm
Thurs 10am - 8pm • Fri 10am - 8pm
Sat 10am - 5pm • Sunday Closed

Valid only at participating retailers. Void where prohibited. Prices before taxes. Not valid with prior purchase. Excludes gift card purchases. Maximum discount per transaction is $250. Product selection may vary.

Snake Chain Bracelet System (U.S. Pat. No. 7,007,507) • © 2016 Pandora Jewelry, LLC • All rights reserved

metro HOME
Your essential daily news

Kim and Kanye currently staying in $24.5 million U.S. Tribeca penthouse

MEET THE CONDO

Deep lots, two parks in Potter's Key

Project overview

The grand opening for Potter's Key community in Stittsville is set for Sept. 17. A total of 400 homes are planned for the site, and the first homeowners will move in in 2018. The collection of homes is situated in Feedmill Creek, with extra deep lots that offer residents a view of the wetland surrounding the area.

In the area

The Feedmill Creek Conservation Area runs through the community where the homes will be built. Potter's Key will have two local parks and easy access to green spaces through a network of pathways, making it a great place for families to enjoy the outdoors. There are plenty of shops and restaurants on Stittsville's main street and in the area.

Housing amenities

Minto's homes at Potter's Key will offer newly designed homes that make good use of space and provide low-maintenance finishes. The living areas are bright and airy with large windows and lots of storage space. The models can be personalized to add additional bedrooms, finished basements, or different kitchen and bathroom layouts.

Location and transit

Residents of Potter's Key can get to downtown Ottawa easily using Highway 417; the area offers several bus routes as well. Stittsville has all the daily amenities, including shopping, grocery stores, schools, an arena and the large outdoor mall Tanger Outlets not far away.

ILANA REIMER/FOR METRO

POTTER'S KEY IN FEEDMILL CREEK

CONTRIBUTED

NEED TO KNOW

What: Potter's Key in Feedmill Creek
Builder and designer: Minto
Location: Off of Hazeldean Road
Size: 1,442 square feet to 3,320 square feet.
Pricing: Estimated to start around $270,000
Model: Two to four bedrooms, 1.5 to 3.5 bathrooms
Status: Now selling
Occupancy: 2018
Sales centre: 6111 Hazeldean Rd.
Phone: 613-788-2761
Website: minto.com

A DIY home project to cheer for

CRAFTING

This pompom blanket is cute and practical

Pompom blankets are a classic find in the souks of Morocco. Celebrated for their handcrafted woven beauty, you'll also spot them in an endless stream of Instagram-worthy spaces.

Whether they're used as a traditional bedspread or as a cozy throw to curl up with on the sofa, it's easy to craft your own version using do-it-yourself pompoms and a purchased blanket.

Step 1: Gather supplies

We used super bulky yarn for this project. The advantage of this type of yarn is that it can result in a larger, fluffier pompom in less time.

It's also easier to separate the strands of yarn to fluff them out when it is thicker. Two skeins of bulky yarn make approximately 12 pompoms depending on size.

The pompoms are easy to attach to the blanket. If you're using a blanket with an open weave, you won't need the needle and thread. You'll easily be able to tie the pompoms to the edge. If you are using a blanket with a tighter weave, like the blanket we used, you will need to sew the pompom to the blanket.

We used a vintage blanket found at a thrift shop but you can pick up a throw from most home décor retailers.

SUPPLIES

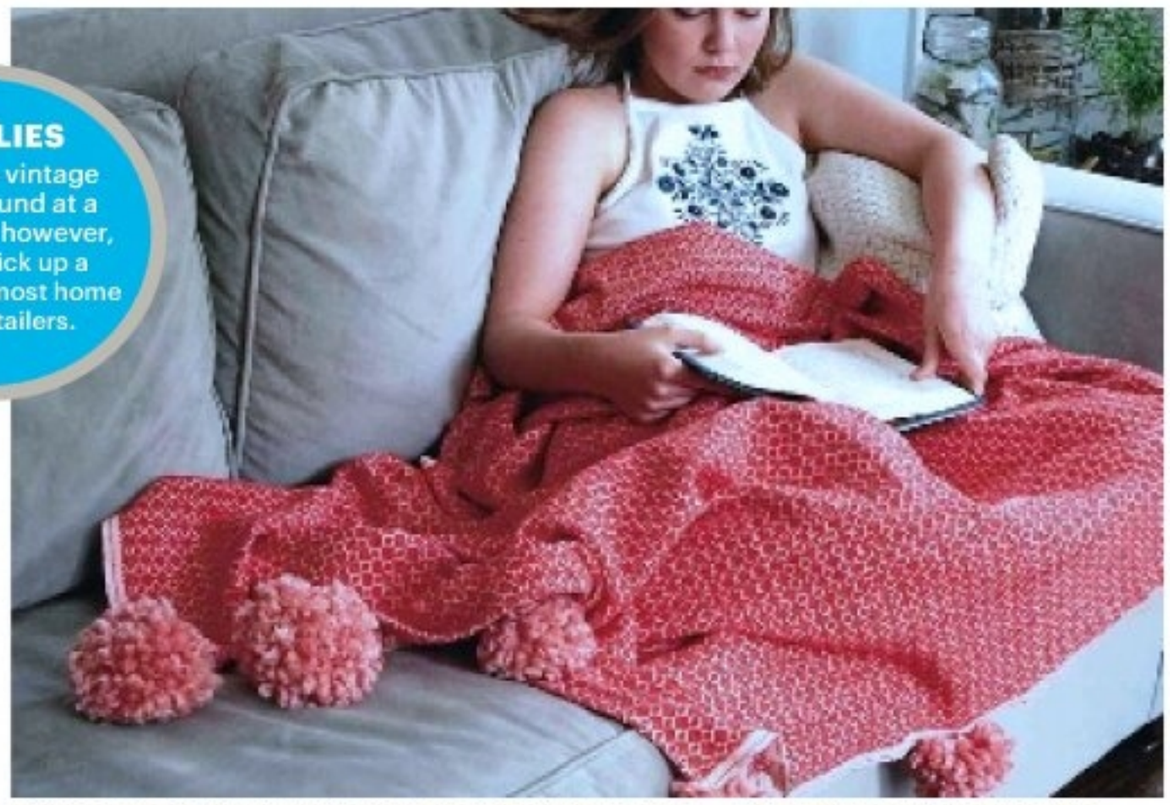
We used a vintage blanket found at a thrift shop, however, you can pick up a throw from most home décor retailers.

You'll need:

- Yarn — super bulky, two skeins
- Scissors
- Blanket or throw
- Cardboard
- Embroidery needle
- Embroidery thread

Step 2: Start wrapping!

We're sharing two ways to make a pompom. The first method uses a piece of cardboard. The second method uses your hand. Cut a piece of cardboard for wrapping the yarn. The wider the piece of cardboard, the larger the pompom will be. Wrap the yarn around the width of the cardboard until you achieve desired thickness. We wrapped the yarn around approximately 30 times. It all depends on thickness of yarn.



Pompom blankets are great to curl up with on the couch — or take it to your freezing office.
DEBRA NORTON/FOR TORSTAR NEWS SERVICE

Step 3: Tie it up

Cut a piece of yarn long enough to tie around the middle of the wrapped yarn (approximately six inches). Lay the yarn on a table and carefully slide the wound yarn off the cardboard onto the piece of yarn. Tie the piece of yarn around the middle of the wound yarn, very tightly.

Step 4: Make the pompom

Hold the two pieces of loose string from tying the pom-pom. Using sharp scissors, on one side of the pompom, start cutting through the loops of yarn. Repeat on the other side. Ensure all of the loops are cut. Do not cut the loose yarn strings or the yarn holding the pompom together.

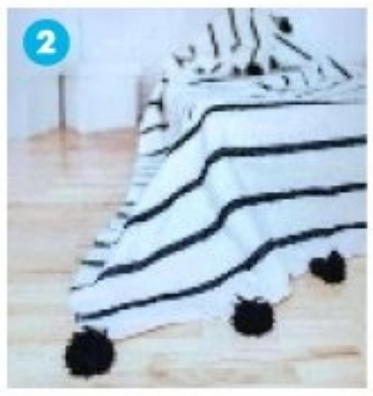
Step 5: Fluff and trim

After cutting through all the loops of yarn begin separating the strands and fluffing the pompom. Trim away extra yarn to create a ball. Keep trimming and fluffing the pompom to achieve the desired shape.

Step 6: Attach the pompom

If you are using a blanket with a tight weave you will need to sew the pompom to the blanket. To do this, thread an embroidery needle with embroidery thread. Knot the end of the thread. Thread the needle through the pompom, where it is tied, and sew the pompom to the blanket. If you are using a blanket with an open weave, simply tie the pompom to the blanket. Thread the uncut yarn pieces through an open weave at the edge of the blanket and tie.

TORSTAR NEWS SERVICE



RETAIL

Not feeling crafty? Buy it

Not feeling the desire to pull out your scissors?

We've got you covered with a selection of pompom blankets to give your space a playful edge while avoiding a trip to the craft store.

1 **Baba Souk** This Montreal based shop stocks some of the chicest handmade décor and fashion from Moroccan souks (markets) and independent designers with a Boho spirit.
Rustic Pompom Wool Blanket, Queen Size - Pink
$225/ free shipping
Ready to ship.

2 **Indigo & Lavender** Handcrafted Moroccan pompom blanket available in a variety of sizes.
Antibes, Pompom Blanket
$305 & up/ free shipping
Ready to ship.

3 **Tonic Living** Beautiful hand-loomed Turkish blanket with tassles.
Throw blanket, Milan Red
$120/free shipping
Ready to ship.

4 **Zine Interiors** Handmade Moroccan Wool throw blankets from a Morocco based Etsy shop.
Pompom Blanket
$276.12, $45.10 shipping
Ready to ship in three to five business days.

TORSTAR NEWS SERVICE

Home sweet realistic first home

MORTGAGE BROKERS

Find out what you can afford before you go house hunting

Jason Menard

For first-time home buyers, information is key — but having the right information can make all the difference.

"A good number of first-time home buyers will look at the marketplace first then go to a broker," explained Paul Taylor, president and CEO of Mortgage Professionals Canada. "There may be a disconnect between what they want and what they can afford."

Instead, it may be more beneficial for new home buyers to determine what they can afford — and make a realistic plan based on existing debt and contingencies. Taylor said brokers can help in that process.

"Generally, people will make assumptions on the amount of debt that they're comfortable with and able to afford," he said. "A broker will walk you through your debt — student loans, credit card debt — and provide you with a realistic price range."

Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation, pointed to the 2015 First-Time Homebuyers Survey, which showed that first-time buyers are not as confident as repeat buyers, have a lower understanding of mortgage options, and were more likely to find the process challenging. They tend to turn to brokers and lenders for advice (more than 70 per cent) — and getting that help improves their success.

First-time home buyers improve their success if they turn to brokers and lenders for advice, according to a 2015 survey. ISTOCK

> **There may be a disconnect between what first-time home buyers want and what they can afford**
> Paul Taylor, president and CEO of Mortgage Professionals Canada

"Overall, our survey indicated that most first-time buyers [78 per cent] are satisfied with their experience," Rotondo explained. "Advice from mortgage professionals can be of great help to first-time buyers, and help increase their level of understanding of mortgage options and satisfaction with their mortgage professional.

"For example, providing advice on long-term mortgage strategies can increase their level of understanding of the mortgage options available by up to 83 per cent, and their level of satisfaction with their mortgage professional by up to 85 per cent."

In addition to improving satisfaction, Taylor added that turning to professionals for your first time can help improve the bottom line.

"This will sound biased because of my position, but mortgage brokers really do save Canadians money," he said. "I don't expect everyone to believe me and I understand skepticism, but I encourage everyone to explore their options when it comes to mortgages."

TECHNOLOGY

Use apps and calculators to boost expert advice

With today's technology, the power to buy a home is literally in the palm of your hand. But mobile applications and calculators should be used to help support the process — not be the be all and end all.

Mortgage calculators and apps are a useful tool to help in the home buying and mortgage shopping process. However, they should be used in tandem with advice from financial and mortgage professionals," explained Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation. "Most banks and financial institutions offer calculators or apps.

"Given this decision-making process is personal and based on an individual's particular and unique situation, it really comes down to finding and using the tools that best fit your needs." JASON MENARD

Reviewing your mortgage is good for financial health. ISTOCK

HOUSING FINANCE

Tend mortgage options to encourage financial growth

Getting a mortgage can be stressful, which is why many tend to not want to continually revisit the process. However, there may be benefits to you if you look at mortgage maintenance as a vital part of your financial health.

"The majority of people probably do just set it and forget it," explained Paul Taylor, president and CEO of Mortgage Professionals Canada. "We recommend always looking at options."

There may be value in talking to a broker or lender to see if there are other options available. If you have a mortgage with a higher interest rate than the current rate, it may be worthwhile to look at changing the terms of your mortgage — even if there are fees or penalties.

Some people also look at paying down mortgages earlier, but Taylor said that may or may not be the right choice.

"It's really about individual circumstances," he said, adding that there's a bit of a generational divide in that more mature mortgage holders tend to prioritize paying down their mortgage, whereas younger home owners tend to have a higher threshold for debt tolerance. Regardless, he said it's important to get the right information when making a decision.

"Is it better to pay more on your mortgage, or take those extra funds — if you have them — and invest elsewhere? That's very much up to the individual and their situation," he said. "It's important to get expert advice — whether that's from a financial advisor or a broker — to make a decision that's right for you."

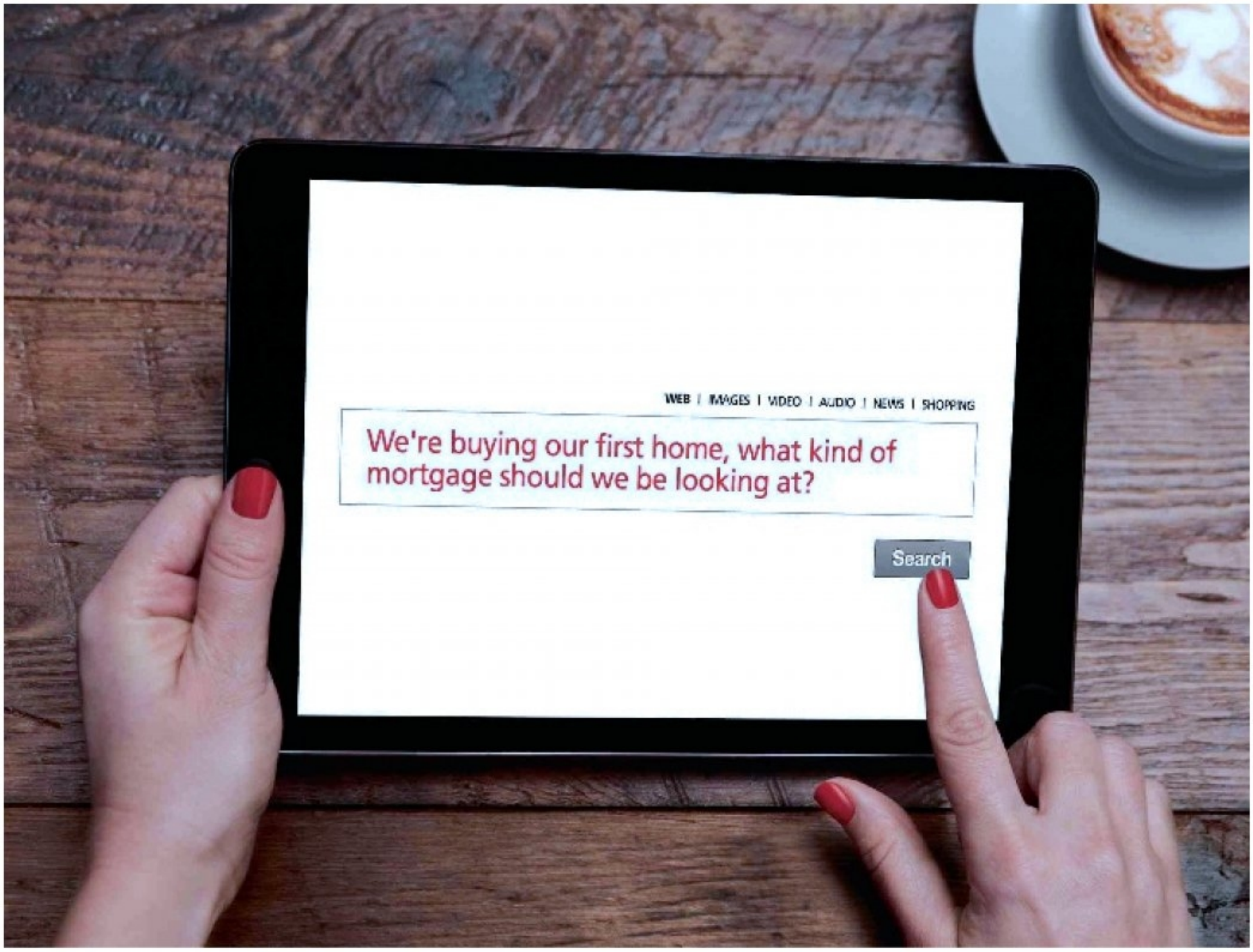
Jonathan Rotondo, senior media relations officer, Canada Mortgage and Housing Corporation, said it's important to make informed housing finance decisions.

"Take the time to plan and review your mortgage options, terms and conditions and prepare yourself for managing your mortgage," he said. "Consider a lesser mortgage amount than the maximum you can afford; evaluate the impact of an increasing interest rate on your monthly payment; plan to be mortgage free faster and create a 'cushion' in case of unforeseen financial difficulties; and seek help if you have difficulty making your mortgage payments."

This also extends to those looking at using home equity to pay down debt or reinvest into their homes. "A broker will work with you to walk through the options based upon your own life circumstances," Taylor added.

JASON MENARD

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.



Get much more personalized advice from a Scotiabank advisor.

Invaluable mortgage advice starts with personal relationships. Our advisors can sit down with you at a branch, or connect with you where or when it's convenient. You can get answers to all of your questions, even the ones you didn't know you had. Talk to us about the mortgage that's right for you.

www.scotiabank.com/homeownership

You're richer than you think.® Scotiabank®

®Registered trademarks of The Bank of Nova Scotia. All mortgage applications are subject to credit approval, residential mortgage standards and maximum permitted loan amounts.

metro SPORTS

Miami Heat forward Chris Bosh has pronounced himself ready to play after having had each of his last two seasons halted by blood clots

Big test awaits Redblacks

CFL

Stampeders put 10-game unbeaten streak on the line

The Ottawa Redblacks won't call it a defining game, but they know that how they handle the Calgary Stampeders will reveal a lot about themselves.

At 9-1-1 the Stampeders are the league's elite team and while the Redblacks hold first place in the East Division this week's matchup will be a true test of its identity.

"It's a good measuring stick," said Ottawa head coach Rick Campbell. "These guys, the last time they didn't win was here, it was the tie here. We've got to go out there and give it our best shot to beat these guys. It's going to be tough regardless of what their record is, but sure it's a good measuring stick to see where you're at when you're competing against the team with the best record in the league."

Ottawa (5-4-1) could have won the first meeting back on July 8, but settled for a 26-26 tie after fumbling on the one-yard line with just over a minute remaining in regulation.

Since that game the Redblacks have had their share of struggles and will need to tighten up and play smart to have any hope of defeating the Stampeders.

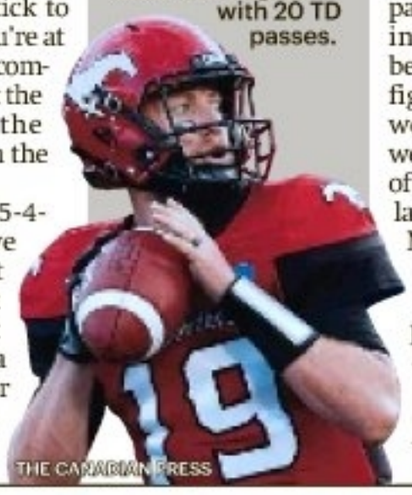
"During this season we've taken a lot of penalties and at times been our own worst enemy and end up beating ourselves," said running back Patrick Lavoie. "Calgary is a team that plays well, makes good decisions and has confidence in its abilities. It's going to be a good challenge for us."

Consistency has been a problem for the Redblacks this season and a big game against the Stampeders would go a long way in reinforcing confidence as they head into the final stretch of the season.

"We've won games, we've lost games and in some ways we're still searching," Lavoie said. "That's not to say that if we go there and lose that we should panic, but it's definitely going to be a good way to figure out where we stand. I think we're still capable of doing more. Our last game against Montreal wasn't the prettiest win, but we played better as a team and made better decisions and that's what we want to continue to build on."

20

The Redblacks will have their hands full with Stamps QB **Bo Levi Mitchell**, who leads the league with 20 TD passes.



THE CANADIAN PRESS

Redblacks receiver Brad Sinopoli is unable to catch the ball against the Stampeders' Brandon Smith in Ottawa on July 8. A victory was out of the Redblacks' reach that night, though they did come away with a 26-26 tie. JUSTIN TANG/THE CANADIAN PRESS

The Redblacks are well rested as they come off their final bye week of the regular season, however, the layoff did anything but serve Ottawa well the last bye week as they were soundly defeated 43-19 by the Montreal Alouettes.

Players are well aware of the challenge ahead, but know that it will be up to each and every individual to play with focus.

"With the guys they have, if you give them opportunities to make plays they're probably going to make plays so you don't want to give that to them too many times," said wide receiver Brad Sinopoli. "We can't put ourselves in second and long and expect to continually get ourselves out and make plays. With a team like that they're going to step up and make plays too so we just can't make it harder on ourselves." THE CANADIAN PRESS

WORLD CUP OF HOCKEY

Plekanec and Czechs score win in exhibition

Tomas Plekanec banked a backhander off Connor Hellebuyck's pads with just over eight minutes remaining and the Czech Republic held off Team North America 3-2 in a World Cup of Hockey exhibition Wednesday.

North America — comprised of players 23 and under — overcame a 2-0 deficit to tie it midway through the third period on goals by Philadelphia Flyers defenceman Shayne Gostisbehere and Toronto Maple Leafs rookie Auston Matthews against Petr Mrazek.

In Pittsburgh

3	2
CZECH	N. AMERICA

Plekanec answered 53 seconds after Matthews' goal by taking a feed from Ales Hemsky from behind the net and knocking it off Hellebuyck's leg and over the goal-line for his third goal in as many exhibition games.

Ondrej Palat and Radek Faska also scored for the Czech Republic. Mrazek stopped 17 of the 19 shots he faced after coming in for Michal Neuvirth at the game's midway point.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of the Canada-Russia game on Wednesday night.

NFL

Broncos fined for Newton helmet hits

A person with knowledge of the punishment tells The Associated Press that two Denver Broncos defenders have been fined a total of $42,540 — but not suspended — for helmet-to-helmet hits on Cam Newton.

The person, who spoke on condition of anonymity because the NFL hasn't announced the fines, said linebacker Brandon Marshall was fined $24,309 and safety Darian Stewart $18,231.

> **My job is to win football games, not lobby for my health.**
> Cam Newton

The league's MVP took four helmet-to-helmet shots in the Carolina Panthers' 21-20 loss to Denver, although only one of the hits drew a flag and none resulted in any penalty yardage. THE ASSOCIATED PRESS

IN BRIEF

Rays beat up scuffling Jays

Alex Cobb pitched solidly into the seventh inning and Corey Dickerson drove in four runs as the Tampa Bay Rays beat Toronto 8-1 on Wednesday afternoon to hand the scuffling Blue Jays their fourth straight series loss.

Cobb (1-0), in his third start since returning from Tommy John surgery, allowed one run on just two hits with three walks and four strikeouts through 6 2/3 innings. He retired 11 straight at one point. THE CANADIAN PRESS

Floro out as coach of men's national soccer team

Canadian soccer has claimed another coaching victim.

The Canadian Soccer Association dumped Benito Floro on Wednesday, opting not to renew his contract in the wake of Canada's most recent failed World Cup qualifying campaign.

Floro inherited a team ranked 88th in the world and 10th in CONCACAF. Canada is currently No. 100 in the world and No. 11 in CONCACAF.

THE CANADIAN PRESS

NCAA

North Carolina loses more title contests

The Atlantic Coast Conference has followed the NCAA's lead and is removing all its athletic championships from North Carolina over a state law limiting protections for LGBT people.

The ACC Council of Presidents voted Wednesday to relocate the league's championships until North Carolina repeals the law. The decision includes 10 neutral site championships this academic school year, which means relocating the ACC football title game that was scheduled to be played in Charlotte in December.

No announcement was made on where the championship events will be held.

THE ASSOCIATED PRESS

NO NATIONALS

On Monday, the NCAA said it was relocating seven of its championships scheduled to be played in the state.

Sporting's chance not taken in Madrid

CHAMPIONS LEAGUE

Los Blancos right ship late to avoid shock upset in opener

Cristiano Ronaldo and Alvaro Morata scored very late goals as Real Madrid came from behind to beat Sporting Lisbon 2-1 and avoid starting the defence of its Champions League title with a shock defeat on Wednesday.

Ronaldo equalized from an 89th minute free kick against his former club and Morata netted the winner deep in injury time to give the hosts a hard-fought victory in a match which Sporting had largely under control.

"I'm happy with the points. We suffered but never gave up," Real Madrid manager Zinedine Zidane said. "I don't know if the result was fair or not, but it's clear we believed. You have to play until the end. It wasn't a perfect match, you never see a perfect match, but the important thing was to win."

Real Madrid allowed its first Champions League goal at home since the 2014-15 semifinals. CURTO DE LA TORRE/AFP/GETTY IMAGES

Madrid, trying to become the first team to win back-to-back Champions League titles since the tournament's new format went into effect in the 1992-93 season, avoided what would have been only its second loss in 31 Champions League matches at home. It has won 27 times and drawn three at the Santiago Bernabeu Stadium.

Sporting was just a few minutes away from its first win in 11 matches in Spain in UEFA competitions.

Boosted by a loud visiting crowd, Sporting played well from the start, defending with efficiency and creating dangerous chances up front with well-timed counterattacks and accurate passing.

Bruno Cesar put the Portuguese side ahead only three minutes into the second half after Sergio Ramos and Luka Modric failed to clear, allowing the Brazilian midfielder to fire a left-footed shot into the far corner. THE ASSOCIATED PRESS

RESULTS

- **Man. City 4,** Borussia Mon. 0
- Bayer Lev. 2, CSKA Mos. 2
- Brugge 0, **Leicester 3**
- FC Porto 1, FC Cope. 1
- Juventus 0, Sevilla 0
- Legia Warsaw 0, **Borussia Dortmund 6**
- **Lyon 3,** Dinamo Zagreb 0
- **Real Madrid 2,** Sporting 1
- Tottenham 1, **Monaco 2**

PARALYMPICS

B.C. cyclist's win sets off golden day

Canadian cyclist Tristen Chernove is at his best when he's sailing along at 40 kilometres an hour.

Life is about as close as it can be to perfect.

The 41-year-old from Powell River, B.C., roared to gold in the time trial on Wednesday, for his third medal of the Paralympics, and one of five claimed by Canada's cycling team on the day.

And in the moments after the victory, Chernove talked about how para-cycling is helping him adapt to the ravages of Charcot-Marie-Tooth disease, and of that wonderful feeling of flying.

"It's totally freeing," Chernove said, with a wide grin. "Believe me, overcoming what some would consider limitations created by the disease is never on my mind. I'm just being an athlete, I'm just doing all I can."

Chernove raced to a time of 27 minutes 43.16 seconds to beat Ireland's Colin Lynch, who was second in the C2 category in 28:02.25.

The Canadian, who just joined the national team last year, also has a pair of medals from the track: a silver in the 3,000-metre individual pursuit, and bronze in the 1,000-metre time trial.

Tristen Chernove GETTY IMAGES

Chernove's win kicked off a spectacular day in the time trial for Canada. Ross Wilson of Sherwood Park, Alta., captured silver in the C1 category for his second medal in Rio, Charles Moreau of Victoriaville, Que., took bronze in the H3 class, Calgary's Michael Sametz took bronze in the men's C3 event, and Shelley Gautier of Niagara Falls, Ont., was third in the combined C1 and C2 race.

Chernove was a competitive paddler who took up cycling after being diagnosed with CMT, a degenerative disease that affects the peripheral nerves and causes the muscles to atrophy.

Cycling can't stop the degeneration of his lower legs and lower arms, Chernove said — it's the nature of the disease.

"I have to learn how to be OK with that," he said. "However, psychologically, to be fitter than I've been in my whole life feels wonderful." THE CANADIAN PRESS

H&M × FROM THE EDITORS OF THE KIT compact

You and a guest are invited to celebrate the national launch of *The Kit Compact* and to shop the newest H&M fall collection

THURSDAY, SEPTEMBER 15TH 6:00PM-9:00PM
H&M Rideau Centre 50 Rideau Street

RSVP thekit.ca/h-m-compact-events/

Take *20% off H&M's fall collection that evening.
Plus, hang out with *The Kit*'s stylish local influencers

*Discount not valid on the studio collection, sale merchandise or in combination with other offers or towards the purchase of gift cards. **This invitation will act as your discount code.**

RECIPE Fresh Tomato Spaghetti

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Scoop up all the local tomatoes you can find and make this quick and easy pasta dish.

Ready in 20 minutes
Prep time: 5 minutes
Cook time: 15 minutes
Serves 4

Ingredients
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 500 g package of whole-wheat spaghetti
- 3 Tbsp red wine vinegar
- 2 cups fresh tomatoes, washed and chopped
- 1 head of arugula, washed and rough chopped
- Salt and pepper to taste

Directions

1. Put a big pot of well salted water on to boil.

2. In a sauté pan, bring the olive oil to low-medium heat.

3. Add garlic and allow to cook but not brown — just a couple of minutes. Take the pan off the heat.

4. Cook pasta according to package instructions. Scoop out a cup of water before draining. The starchy water is a great way to loosen up a too-thick sauce, plus it adds a certain slickness to your pastas.

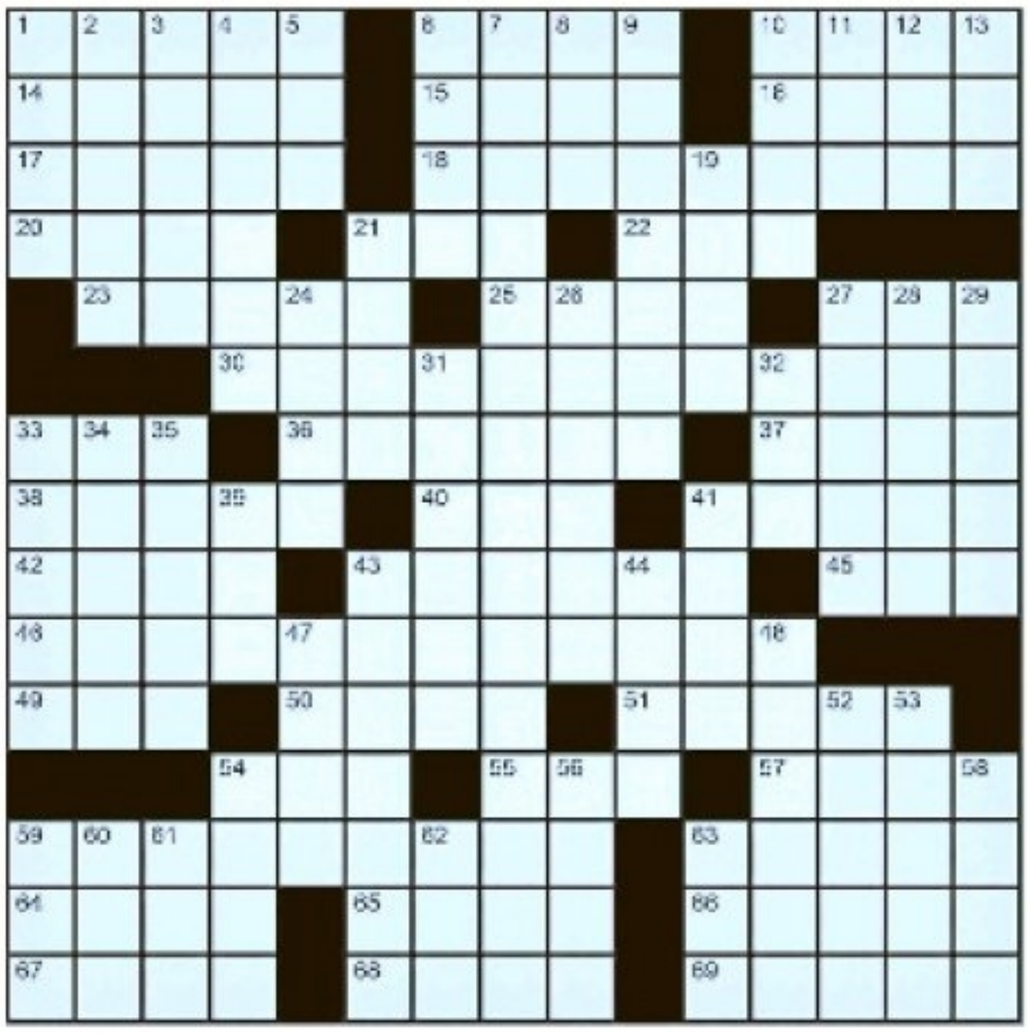
5. Drain noodles before tossing back in the pot. Add garlic-infused oil and vinegar and toss until all of the spaghetti is coated. Add tomatoes and toss again. Pour in cooking liquid, bit by bit, until your sauce is the desired consistency (you may not need much).

6. Throw in the arugula and give it another good mix so there are pieces of green throughout. Taste before adding a bit of salt and pepper.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Late
6. Transfixed
10. "Darn!"
14. Daisy type
15. Length measure
16. Irving Bacheller novel, _ Holden
17. Naomi Watts 2013 biopic
18. NHL goaltending great from Carman, Manitoba: 2 wds.
20. "_ the Explorer"
21. 'Cent' add-on (Man/horse creature)
22. Theory†of†Relativity brainiac ...his initials-sharers
23. Gladiator's 3,600
25. Eight, in Latin
27. Corn-eater's cast off
30. 1970s TV drama starring the Melfort, Saskatchewan born actor at #7-Down, "_ _, Counselor at Law"
33. "The X Files" actor ...his initials-sharers
36. Steal
37. Scandinavian story
38. Major upsets
40. 'Block' suffix
41. Faded jean areas
42. Take apart
43. Excoriate
45. AC/DC song
46. Vintage records purchaser's interest: 2 wds.
49. Swine spot
50. Mouth off
51. Clark _ (Jennifer Grey's actor hubby)
54. Cleveland NBA-er
55. Treasure Island author's monogram
57. Dismounted
59. Quebec City attraction, Le Chateau _
63. "Well done!"
64. Archaeological discovery
65. Actress Tara
66. Astronaut Neil Armstrong's middle name
67. Daughter, e.g., on a family tree
68. Lacking
69. Funny Canadian Mike

DOWN
1. "Hello It's Me" by _ Rundgren
2. Self-evident truth
3. Fortify once more
4. Bundle of energy
5. Posh positive
6. Andre _ (Dutch violinist/conductor)
7. Sci-Fi thriller of 1971 starring Canadian actor Arthur Hill based on Michael Crichton's 1969 breakout novel, with The: 2 wds.
8. Banned pollutant, commonly
9. Stage star's site
10. Li'l word meanings
11. Blood-typing letters
12. Modern, in Germany
13. "Welcome to the Jungle" rock gr.
19. Zodiac's roarers
21. Banda _ (City in Sumatra in Indonesia)
24. ABC's ballroom show
26. Legendary talk show host Dick
27. Military trainee
28. Of the distant past
29. Explosion emanation!
31. B-vitamin family member
32. She-chicken
33. Plays like Neil Peart
34. Tim Hortons snack
35. Dishwatery
39. You: French
41. Simple Minds singer Jim
43. Remington electric grooming products
44. Harleys, to bikers
47. 'Pluto' suffix
48. Medical chekup frequency
52. Open space in a wooded area
53. Bestower
54. "Squawk Box" network
56. Flat-screen TVs, e.g.
58. Weight units, US-style
59. Flower delivery co.
60. Kind of deer
61. Mantric syllables
62. PBS funding org.
63. Slamming noise!

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might be doing a slow boil about something because silly errors at work make you impatient. Nevertheless, by sounding off, you will gain nothing, and you might make things worse!

Taurus April 21 - May 21
A discussion about shared property will meet with resistance from someone else today. This is a poor day to ask for a loan or mortgage or for a favour from someone.

Gemini May 22 - June 21
Relations with parents, bosses and authority figures will be challenging at some point today. That's why life might feel hard. "Nobody loves me." (Relax. This is a fleeting thing.)

Cancer June 22 - July 23
Teachers and anyone involved in medicine and the law might be difficult to deal with today. In fact, avoid subjects like politics, religion and racial issues, because they will be too difficult to discuss.

Leo July 24 - Aug. 23
If you are talking about loans, mortgages and shared property today, you will meet with obstacles. Someone in authority will not approve. Choose another day!

Virgo Aug. 24 - Sept. 23
Your relations with close friends and partners are difficult today, because there seems to be a lack of emotional flexibility. Someone might even be depressed. Don't take this personally.

Libra Sept. 24 - Oct. 23
This is not the day to ask your boss or a co-worker for help. Their response will be, "Talk to the hand." (Oops.)

Scorpio Oct. 24 - Nov. 22
Children might be an increased responsibility today. Just accept this because, hey, it goes with the territory. Don't try to change rules in sports today

Sagittarius Nov. 23 - Dec. 21
This is not the day to ask a parent or someone in a position of authority in the family for help. They will not be receptive. Just bide your time and wait for another day.

Capricorn Dec. 22 - Jan. 20
Everyone is a bit negative today. It's not just you. Don't take it personally and do not react.

Aquarius Jan. 21 - Feb. 19
This is a poor day for financial decisions because someone will block what you want to do. Choose another day. Timing is everything.

Pisces
Feb. 20 - March 20
Today the Moon is opposite your sign and at odds with stern Saturn. That's why it is difficult to get along with others. (It's not just you.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

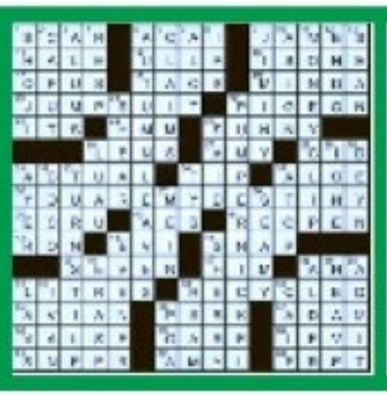
							2	7
		6		8	3	4		
	9		6			7		
	6	7	8	1	5	2	3	
		8			9		1	
		3	4	7		8		
5	1							

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better. metronews.ca/panel

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



7	4	3	1	6	9	2	5	8
1	5	9	2	4	8	7	3	6
2	6	8	3	5	7	4	1	9
9	3	7	8	1	5	6	4	2
6	8	1	7	2	4	3	9	5
4	2	5	9	3	6	1	8	7
3	7	2	5	8	1	9	6	4
8	1	4	6	9	2	5	7	3
5	9	6	4	7	3	8	2	1

Fly Team Canada's Colours in a New Hoodie.

Get your free Team Canada hoodie when you purchase and activate a new smartphone on a 2-yr. **Share Everything**™ plan. Or activate a 3-product **Ignite**™ bundle on a 2-yr. term. They're only available for a limited time, so get yours while you still can. It's the hoodie you'll be showing off at your next World Cup of Hockey viewing party.

Enter for a Chance to Win 4 tickets to the World Cup of Hockey.

#fanhubWCH

Need tickets to the World Cup of Hockey? We can help.

Simply share a moment that represents how you're making the most out of the World Cup of Hockey. It can be a tweet, a picture or a video, just so long as it's of you being a team Canada Superfan. Tag it on social media with #FanHubWCH and then hold your breath. We'll be announcing the winners on September 26, 2016 and will also be giving out daily prizes.

Instagram

Jason M
Cheered on Team Canada and visited the Rogers Fan Hub at the fan village.

For more World Cup of Hockey information and full contest rules, visit **www.rogers.com/nhl**

Helping fans be fans.

ROGERS

Offer available for a limited time from August 23, 2016 while supplies last and subject to change without notice. Available in any Rogers retail location with purchase and activation of a new device on a 2-year Share Everything plan. Offer also available to customers activating a 3-product (TV, Internet and Home Phone) Ignite bundle on a 2-yr. term. Gift is not exchangeable or redeemable for cash. If customer returns the device and cancels the eligible plan/bundle within 15 days of purchase, the gift must also be returned to original store location. Connection fee of $20/line applies to activate your wireless services, early cancellation fee and/or price plan downgrade fee apply in accordance with your Wireless Service Agreement. NHL and the NHL Shield are registered trademarks of the National Hockey League. © NHL 2016. All Rights Reserved. National Hockey League Players' Association, NHLPA and the NHLPA logo are trademarks of the NHLPA and are used under license. © NHLPA All Rights Reserved. © Rogers Communications Inc. 2016